

FALL 2014

NATICK COMMON GUIDE

*Community Education
and Resources*

Town of Natick
Community Services Department

At The
Community Center

perspectives

Learning To Look

At Contemporary Art

A new series of programming for the Natick community designed
with working adults in mind.

Hiking

Trails and
History with Pat

Bollywood

Dance with
Charlene

Tap

Dancing
with Serge

Dance

Your Heart Out



Whether you've always wanted to tap dance, bellydance, bollywood dance, learn about contemporary art,
or even try your hand at gingerbread housebuilding – now you can cross it off your wish list!



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JJ Lane- New Park	*

* inside back cover

Friends and Neighbors,

We have exciting news to share! This fall we're launching a new community education series called Perspectives.

Scheduled at night and on the weekends, this new array of classes, lectures and workshops has been designed with working adults in mind, though of course all are welcome.

Perspectives offers you a range of interesting and unusual classes we hope will pique your interest:

- *Learning to Look at Modern Art: Tour Boston art museums with an art historian*
- *Garden Road Show: bring your garden planning questions*
- *Outdoor courses such as Hiking the Natick Trails, and Qigong on the Waterfront.*
- *Dance classes such as Ballroom, Bollywood, Tap, and Dance Your Heart Out.*
- *Lifestyle classes including Farm-to-Table, Gingerbread for Two, Decorating for Entertaining, and Wardrobe and Makeup Makeovers.*
- *MassBay Community College continues to partner with us offering college-level classes: World Religions, Lifespan Psychology, and workshops in Conversational Spanish, and Images of Swing, with Natick's own jazz master, John Clark.*

We hope you'll take advantage and indulge yourself with a fall class.

All the best,

*Jemma Lambert
Director, Community Services*

Directories

COMMUNITY DIRECTORY

Affordable Housing (508) 647-6428

Bay Path Elder Services

Meals on Wheels (508) 573-7200

Natick Cultural Council (508) 277-2470

Early Childhood Development (508) 655-2557

Emergency Shelter (SMOC) (508) 872-4853

Family Resources of Natick (508) 655-2557

Food Pantries

A Place to Turn (508) 655-8868

Natick Service Council (508) 655-1791

Food Stamps (DTA) (508) 661-6600

JFK Transportation (508) 653-4500

Kids Connect (508) 652-4211

Leonard Morse Hospital (508) 650-7000

MetroWest Legal Services (508) 620-1830

MetroWest Medical Center (508) 383-1000

MWRTA The RIDE (508) 820-4650

MWRTA Bus (508) 935-2222

Natick Cab (508) 653-2300

Natick Center Associates (508) 650-8848

Natick Housing Authority (508) 653-2971

Natick Services Council (508) 655-1791

NSTAR (800) 592-2000

Pegasus (Local TV) (508) 651-0022

Psychiatric Emergency Services (508) 872-3333

Salvation Army (508) 875-3341

TCAN (508) 647-0097

Walnut Hill School (508) 650-5020



Downtown Natick. Photo credit: Allison Goldman

NATICK MUNICIPAL NUMBERS

FEE REDUCTION PROGRAMS:

EARNED INCOME TAX CREDIT (508) 647- 6519

ELDER & DISABLED TAXATION FUND (508) 647- 6420

PROPERTY TAX EXEMPTIONS (508) 647- 6420

PROPERTY TAX REDUCTION: SENIORS (508) 647- 6540

PROPERTY TAX DEFERRAL PROGRAM (508) 647- 6420

SCHOOL FEE ASSISTANCE (508) 647- 6493

WATER/SEWER ASSISTANCE (508) 647- 6420

ANIMAL CONTROL (508) 647- 9545

BACON FREE LIBRARY (508) 653- 6730

BOARD OF SELECTMEN (508) 647- 6410

BUILDING INSPECTOR (508) 647- 6450

CASE MANAGEMENT:

ACCESS TO BENEFIT PROGRAMS (508) 647- 6540

CLERK, TOWN (508) 647- 6430

COLLECTOR/TREASURER (508) 647- 6425

COMMISSION ON DISABILITY (508) 647- 6519

COMMUNITY SERVICES DEPARTMENT (508) 647- 6540

COUNCIL ON AGING (508) 647- 6540

HUMAN SERVICES (508) 647- 6519

COMMUNITY FARM (508) 655- 2204

RECREATION AND PARKS (508) 647- 6530

VETERANS' SERVICES (508) 647- 6545

CONSERVATION COMMISSION (508) 647- 6452

ENGINEERING (508) 647- 6551

FACILITIES DEPARTMENT (508) 647- 6504

FIRE DEPARTMENT (508) 647- 9551

HEALTH DEPARTMENT (508) 647- 6460

HIGHWAY (508) 647- 6562

MORSE INSTITUTE LIBRARY (508) 647- 6520

PLANNING BOARD (508) 647- 6450

POLICE DEPARTMENT (508) 647- 9500

PROPERTY ASSESSMENT (508) 647- 6420

PROPERTY TAXES (508) 647- 6420

PUBLIC WORKS DEPARTMENT (508) 647- 6550

AFTER HOURS EMERGENCY (508) 647- 6550

RECYCLING CENTER (508) 647- 6562

REGISTRAR (508) 647-6459

SANITATION (508) 647-6562

TOWN ADMINISTRATOR (508) 647-6410

TOWN CLERK (508) 647-6430

"You get in life what you have the courage to ask for."

~ Oprah Winfrey

Transportation

GET YOUR CHARLIE CARD & LEARN ABOUT THE MWRTA

Location: CSC

The MetroWest Regional Transit Authority will be discussing public transportation options as well as issuing Transportation Access Charlie Cards for anyone 65 or older or under 65 with a qualifying disability. Please bring an ID or proof of age document if purchasing a Charlie Card. Please call the CSC at 508-647-6540 to register. The cards are available on a first come, first served basis.

Day	Times	Dates	Price
Wed	10:30 am	9/8	Free

2014 SENIOR PARKING PERMITS

Senior citizen parking permits are available to Natick residents age 65 and older for a \$2.00 fee. Parking Permits are available for purchase at the CSC. The permit will allow a Natick senior to park at a meter in downtown Natick for a maximum of two hours or less based on time allowed on the meter. Permits are for calendar year only. New permits for 2015 will be available in January.

TRANSPORTATION PROGRAM

Did you know that we have volunteers who can drive you to your medical appointments at no cost to you? Natick Human Services & Council on Aging has a wonderful transportation program designed to help Natick's seniors and people with disabilities get to their appointments on time. But we can always use more help! Volunteers provide rides for clients to appointments or errands. The volunteer must have their own car. This opportunity has a great deal of flexibility and provides a wonderful chance to meet new people. Call the CSC at 508-647-6540 for information or to volunteer!

JUST A REMINDER....

A CSC reminder that people with handicap placards are free to park anywhere in the parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that **all** the spots that run parallel to the building in the front are now marked for handicapped placard parking only.

FILMS AT CSC

All movies are free. Details and movie descriptions available at CSC. Call (508) 647- 6540.

MONDAY FILMS

Location: CSC: showtimes 12:30 & 5:30pm

Dates	Film
Sept 1	CSC closed
Sept 8	The Grand Budapest Hotel
Sept 15	Winter's Tale
Sept 22	Heaven Is For Real
Sept 29	Single Moms Club
Oct 6	The Other Women
Oct 13	CSC closed
Oct 20	Noah
Oct 27	Muppets Most Wanted

NOTE: * no movie on September 1st

WEDNESDAY FOREIGN FILMS

Location: CSC: showtimes 1:00 & 5:30pm

Dates	Film
Sept 3	Viola
Sept 10	Night Across the Street
Sept 17	Pussy Riot: A Punk Prayer
Sept 24	Simon and the Oaks
Oct 1	Sister
Oct 8	Capital
Oct 15	Faust
Oct 22	Violeta Went to Heaven
Oct 29	Starbuck

THURSDAY FILMS

Location: CSC: showtimes 1:00 & 5:00pm

Dates	Film
Sept 4	The Grand Budapest Hotel
Sept 11	Transcendence
Sept 18	Cesar Chavez
Sept 25	Dom Hemingway
Oct 2	Divergent
Oct 9	The Amazing Spider Man 2
Oct 16	Blended
Oct 23	Draft Day
Oct 30	Mom's Night Out

"Only the gentle are ever really strong."

~ James Dean

Special Trips

DAY TRIP – NH TURKEY TRAIN- SCENIC FOLIAGE IN WHITE MOUNTAINS OF NH

Fox Bus Tours

Depart Natick Community-Senior Center on a luxury Silver Fox Motor Coach at 8:30 am to Meredith, NH at the peak of fall foliage. Then we'll board the scenic railroad for a ride through the woods and around Lake Winnepesaukee for spectacular views, delightful fall foliage colors and a delicious full course luncheon served in the dining car from Hart's Turkey Farm with roast turkey, whipped potatoes, butternut squash and ice cream sundae for dessert. Return back to the coach bus to return back home and arriving back at Natick Community-Senior Center at approximately 5:30pm.

Day	Times	Dates	Price
Fri	8:30am-5:30pm	Oct 10	\$72

Register at CSC, (508) 647-6540. Cash or check due upon registration.



COLLETTE VACATION TRIPS

Join us an information session about these upcoming Collette Travel trips on Wednesday 10/29 at 5 PM. Detailed brochure available at the CSC.

- **TRAINS, WINERIES AND TREASURES
OF Northern California**

April 13-21, 2015
res. # 595038

- **SHADES OF IRELAND**

May 12-21, 2015
reservation # 643754
(800) 852-5942

- **CANYON COUNTRY
FEATURING ARIZONA & UTAH**

September 17-25, 2015
(800) 852-5942
res. # 643758

**From the Outback to the Glaciers,
Australia & New Zealand –**

November 12- December 3, 2015
reservation # 643781

Call (800) 852-55655 for more information.



BOSTON HOLIDAY POPS

Celebrate the season with this Boston tradition! Bus leaves CSC at 6pm for Symphony Hall for the show on Sunday, December 7, 7:30 pm, 1st balcony seats! Cost is \$89, cash or check payable to Town of Natick. If you are interested in knowing more when we have more details please call (508) 647-6540.



MEET YOUR SELECTMEN BAGELS WITH THE BOS

**Come Meet Your Selectmen At The CSC, 9:00am
Thursdays- 9/25, 10/23, 11/20**

Enjoy conversation with your members of
the Board of Selectmen.

"We wander for distraction, but we travel for fulfillment."

~ Hilaire Belloc

Fall Fun



MAKE-UP FOR HALLOWEEN: A CREATIVE WORKSHOP FOR ALL AGES

Instructor: Haley Kulow

Location: CSC

Come with your design and ideas and we'll start there! Bring your own make-up supplies and we'll have some on-hand as well. Children are welcome, but if you are under age 12, please come with a parent or adult helper. Please bring tissues, wipes, sponges or other make-up removal tools.

Day	Times	Dates	Price
Wed	4:00-6:00pm	Oct 22	\$20

Register at CSC, (508) 647-6540. Cash or check due upon registration



'SPOOKTACULAR' HALLOWEEN PARTY

AGES 3-K

Saturday, October 25

Starts at 12:00pm

Natick Common

The 17th annual town-wide Halloween Party will take place on the Common. If you're interested in volunteering or making a donation to help out the event, contact Aaron Friedman at (508) 647-6530. Look for details on your child's virtual backpack, libraries and in the local papers.



"I love the spirit of Halloween
and the energy that comes with it."
~ Katharine McPhee

STORIES AND SONGS ABOUT HALLOWEEN & HARVEST TIME

Performer: Davis Bates

Location: CSC

Davis Bates' performances are a mixture of family, Native American, international and regional stories and songs. They speak of empowerment, history, spirit and the environment. Davis has been sharing stories and songs for over 32 years in schools, libraries, festivals and community settings. All ages welcome. Offered through the generosity of a Natick Cultural Council Grant.

Day	Times	Dates	Price
Fri	3:30pm	Oct 24	free

Call the CSC at (508) 647-6540 to register in advance or online at www.myactivecenter.com.

COLLEGE ESSAY WRITING WORKSHOP

Instructor: Susan Smith

Get started on the college application process by finishing your college admissions essay. Each day offers instruction on the various components that make a clear and persuasive college essay. Students will share drafts and get valuable feedback for revisions, finishing the workshop with a polished essay that should impress admissions officers. 5 Sessions.

Day	Times	Dates	Price
Mon-Fri	6-7:30pm	Sept 29-Oct 3	\$50

Register at CSC, (508) 647-6540.



TRICK OR TREAT AT THE CSC

The CSC will be open for Trick orTreaters

Come with the little ones for some trick and treat fun at the CSC.

All Trick and Treaters welcome between 2-8pm, Friday October 31.

Community Events



NATICK DAYS

Saturday, September 13

10:00-3:00pm

Rain Date: Sunday September 14

1:00pm start

Join in on Natick's own all day community celebration, held in downtown Natick. Details of events coming soon in newspapers and the schools virtual back pack. www.natickdays.org

FIGHT THE FLU!

PROTECT YOURSELF, PROTECT OTHERS!

October 9, from 10am to 12pm
and also from 5pm to 7pm

An annual flu vaccination is the best way to prevent the flu. Health experts across the country recommend that everyone 6 months and older get a flu vaccine. Flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent hospitalizations and deaths. The Clinic is open to any Natick resident age 3 years and older. Regular and High Dose Flu Vaccine will be available; we will also have pneumonia and Tdap shots available. Please bring your Health Insurance card with you to the Clinic. Registration Forms will be available to fill out at the clinic and also at the following locations: Community Senior Center, Board of Health (Town Hall), Morse Library, and www.natickma.gov/health For more information call the Board of Health at 508-647-6460.



THANKSGIVING 'SLICE OF PIE' SOCIAL

Join us at the CSC on November 18, 2014
Tuesday, 2:30pm.

Apple, Pecan or Pumpkin pie, anyone? Celebrate Thanksgiving at our fourth annual Slice of Pie Social. All ages are welcome to come and join us for a slice of delicious holiday pie, coffee, cider to celebrate the Thanksgiving holiday with music by the Newton Swing Band. The pies have been donated by Mary Ann Morse Healthcare Corporation.



KNOW YOUR OPTIONS: OLDER ADULT HOUSING FAIR Thursday, October 16, 1:30-4:30pm

At Natick Community-Senior Center,
117 East Central Street, Natick, MA

A FREE, one-stop shopping event for information about local housing options for older adults with over 30 exhibitors from local independent living/ assisted living housing sites, nursing homes, affordable housing, realtors specializing in elder adult clients, BayPath Elder Services, home care representatives and agencies that help older adults stay at home. and - Educational sessions on downsizing, ways to stay at home safely, pre-planning, balance and falls prevention and more! Refreshments too!

Long-Term Care Planning

11am-noon

Join Tim Loff, legal expert in Elder Law, talk about tools available in accessing the equity in your home, such as reverse mortgages, so you may stay in it as long as you like as well as planning in advance to protect your home from long-term care expenses. He'll clear up some misunderstandings that many have and answer your questions.

Downsizing and Getting Rid of Stuff

Noon-1pm

We have too much stuff! Kazia Navas, professional organizer will talk about how to downsize and make room for the best things in life. Whether you are thinking of "staying in place" or contemplating a future move, it makes good sense to begin de-cluttering and organizing now. In this presentation, you will gain new insights and tools to help you get started and be introduced to local resources for donation, recycling, consignment, and appraisal.

Rightsizing Your Move

12:30-1:30

Is it time for you to make a real estate move? Learn to navigate your head, heart and home. This program presented by Daryl Lippman, Senior Real Estate Specialist for the 50+ population who find themselves in transition with their living space.

Balance and Falls Prevention

2:30-3:30

Physical Therapist Nurse, Margie Anderson MPT from the Natick Visiting Nurses Association will discuss house modifications and considerations for creating a safe home environment. She'll also talk about balance & strength exercises to improve your safety and mobility in your home.

Low-Income and Public Housing Information

3:30-4:30

Presented by: Joan O'Dell and Dot Wright from Natick Housing Authority and Wendy Blaser, Sherwood Village Senior Property Manager. Information on the application process, what you need to qualify, time-frame to plan and answer your questions.

Connect

ANNUAL NATIONAL DEPRESSION SCREENING DAY – WELLNESS INFORMATION AND SUPPORT

Location: CSC

During the morning, Flu Vaccine Clinic, Natick Human Services & Council on Aging will have resources available on stress management, anxiety and depression. Please stop by the information table in the Great Room between 10:00am and noon. Staff members will be available to provide local resource information and answer questions. Screening questionnaires will be available. If you cannot attend but would like more information, please call Human Services & Council on Aging at (508) 647-6540 and speak with Sheila Young.

Day	Times	Dates
Thur	10-noon	Oct 9

ALL YOU EVER WANTED TO KNOW ABOUT THE COMMUNITY-SENIOR CENTER

Instructor: Debbie Budd, Outreach Coordinator

Day	Times	Dates	Price
Thu	3pm	Sept 18	free
Thu	5pm	Oct 16	free
Thu	3pm	Nov 20	free

Call the CSC at (508) 647-6540 to register or online at www.myactivecenter.com.

ASK AN ATTORNEY

Instructor: Attorney Julie McQuade Ladimer

Location: CSC

Private appointments are available with elder law Attorneys at the CSC. Appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced Elder Law attorney who will provide individual legal advice and/or appropriate referrals. By appointment.

Day	Times	Dates	Price
On-going	variable	variable	free

Call the CSC (508) 647-6540 for an appointment.

BAGELS WITH THE BOS

Location: CSC

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Day	Times	Dates	Price
Thu	9:00	Sept 25, Oct 23, Nov 20	free

COFFEE AND CURRENT EVENTS

Instructor: Joe Weiss

Location: CSC

Discuss international, national, state and local issues of the day with Joe Weiss, the Host of Conversations on the Natick Cable – Government Channel. Joe serves on the Natick Safety Committee and on the MBTA-Advisory Board. Former state agency Public Information Officer, Joe is a 30-year resident of Natick. Usually the fourth Friday of each month.

Day	Times	Dates	Price
Wed	10:30am	9/26, 10/24, 11/21	free

Call (508) 647-6540 to register or online at www.myactivecenter.com.

CONQUER THE CLUTTER – FACILITATED GROUP DISCUSSION

Instructor: Kazia Navas, Organizing Consultant

Location: CSC

Do you sometimes feel overwhelmed by clutter and procrastinate cleaning out that file cabinet, closet, or garage? In this 4-session meeting, you will learn basic organizing techniques, how to avoid clutter situations, what to do if you get stuck, and how to stay unstuck. Gain motivation and ideas, and make it happen. You can do it!

Day	Times	Dates	Price
Wed	1-2pm	Oct 15, 22, 29, Nov 5	\$25

Call (508) 647-6540 to register or online at www.myactivecenter.com.

CURRENT EVENT LECTURE: A CLOSE ANALYSIS OF THE LEADING STORY ON THE MIDDLE EAST CONFLICT, THE OBAMA ADMINISTRATION OR EVENTS IN THE INTERNATIONAL ARENA

Instructor: Larry Lowenthal

Location: CSC

This programs will be presented by Dr. Lawrence Lowenthal, the recently retired National Senior Advisor to the American Jewish Committee in partnership with Sage Educational Services.

Day	Times	Dates
Fri	2pm	Sept 19

Call (508) 647-6540 to register or online at www.myactivecenter.com.

REPRESENTATIVE LINSKY'S OFFICE HOUR

Location: CSC

Day	Times	Dates
Mon	9:30am	Call for dates (508) 647-6540

Connect

SO YOU WANT TO START YOUR OWN BUSINESS?

Instructor: Debra Greenberg Sayre, M. Ed, Clarity Coach

Location: CSC

This two session workshop is open to anyone thinking about starting their own business. Participants will explore the top ten most important questions one must answer before taking the leap. Workshop open to all adults.

Day	Times	Dates	Price
Wed	7-8:30pm	Oct 1 & 8	\$50

Call (508) 647-6540 to register or online at www.myactivecenter.com.

THE NURSE IS IN

Instructor: Natick VNA and Distinguished Care Options

Location: CSC

The nurse is available only to discuss any health conditions or concerns.

Day	Times	Dates	Price
Thu	1- 2:00	weekly	free

Call CSC (508) 647-6540 for information.

EISENHOWER'S COLD WAR TO REAGAN'S STAR WARS

Instructor: Gary Hylander, Historian

Location: CSC

With the end of World War II, the American people looked to the world beyond their borders with an air of optimism. Nearly eighty per cent endorsed U.S. membership in the United Nations as an agent for the peaceful resolution of future conflicts. Yet within a period of less than a year, such optimism had vanished. General Lucius Clay, the American military governor of Berlin, warned that "war may come with a dramatic suddenness." Meanwhile President Truman charged that the Soviet Union was engaged in a "ruthless course of action...seeking to extend its rule over Europe." The Cold War had started.

Day	Times	Dates	Price
Wed	4-5pm	Sept 17, Oct 1, Oct 8, Oct 15, Oct 22, Oct 29	\$60 for the series

Register at CSC, (508) 647-6540. Cash or check due upon registration.

GENEALOGY – CENSUS REPORTS, THE TOUCHSTONE TO YOUR RESEARCH

Instructor: Seema Kenney

Location: CSC

Using the census report is a touchstone for genealogists. Once you find that original information, many other doors open up with pursuing family trees. Join Seema as she shares 11 clues to look for in the census and the 27 other sources you might use to confirm what is in the census report

Day	Times	Dates	Price
Wed	3-4pm	Sept 17	\$5

Register at CSC, (508) 647-6540. Cash or check due upon registration.

GENEALOGY – MASS LAND RECORDS

Instructor: Seema Kenney

Location: CSC

Who did settle the original New England towns? Massachusetts Land Records are a FREE resource and date back to 1731! Learn what it might mean for your family history research and how to effectively search, collect and print documents from MassLandRecords.com

Day	Times	Dates	Price
Wed	3-4:00pm	Oct 15	\$5

Register at CSC, (508) 647-6540. Cash or check due upon registration.

NATICK'S PRAYING INDIANS AND THE FIRST SETTLERS IN THE NEW WORLD

Instructor: Jim Morley, Past President of the Natick Historical Society

Location: CSC

Join local historian and past-President of the Natick Historical Society, Jim Morley, for this presentation on Natick's Praying Indians. These Native American settlements established in the 1650s offered Native Americans communities to exercise self-government and to elect their own rulers (sachems) and officials, to some extent exhibiting continuity with the pre-contact social system, and used their own language as the language of administration, of which a wealth of legal and administrative documents survive. Come and learn about this local history and how it defined American history.

Day	Times	Dates	Price
Wed	3pm	Oct 8	free

Call the CSC at (508) 647-6540 or online at www.myactivecenter.com.

PRACTICE SPEAKING ENGLISH

Location: CSC

Learn more English by practicing in a social setting. Meet people who will speak English with you. Learn about activities in Natick.

Day	Times	Dates	Price
Thur	11:00am	Sept 11 Info session	free

Call the CSC at (508) 647-6540 or online at www.myactivecenter.com.

RECYCLING PROGRAM INITIAIVES

Instructor: Pat Conaway

Location: CSC

Come and learn how you can help recycle and help others too! Join Pat Conaway, founder of Natick Trails, Big Heart-Little Feet/Lake Cochituate Watershed Council, Natick Earth Day Festival talk about Natick Recycling Trails - the Trash Free Natick Project, and other service opportunities to heal our local environment.

Day	Times	Dates	Price
Mon	3-4:30pm	Oct 6	free

Call the CSC at (508) 647-6540 or online at www.myactivecenter.com.

Connect

OPERA APPRECIATION SERIES

Instructor: Ron Williams

Location: CSC

The course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera **OPERA houses throughout Europe. He performed roles with several companies nationally including San Francisco spring Opera, Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose.**

Day	Times	Dates	Price
Fri	10:30am	9/19-12/19 (weekly)	free

No class Oct 3.

Call the CSC at (508) 647-6540 or online at www.myactivecenter.com.

ROBERT FROST CLASS

Instructor: Stephen Collins

Location: CSC

This interactive seminar will meet for a six week term, one hour per class. It is an inclusive group discussion more than didactic lecturing. Join theater artist Stephen Collins for this 6 class session on the poetry of Robert Frost. Discussion of some well known and lesser known Frost poems including Mending Wall, Birches, Meeting and Passing and more. Materials provided.

Day	Times	Dates	Price
Tue	10:00am	9/15, 9/29/ 10/6 10/20, 10/27	\$50

Register at CSC, (508) 647-6540. Cash or check due upon registration.

SHARPENING AWARENESS FOR WOMEN

Instructor: Debra Greenberg Sayre, M. Ed, Clarity Coach

Location: CSC

This series of three evenings will explore matters of Mindful Decision-Making, the Language of Seeing and Understanding our Mistakes. The intent of the series is to provide tools and practices women might put to use in their daily lives. Open to all women.

Tue	7-8:30pm	Oct 21 & 28	\$50
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Register at CSC, (508) 647-6540. Cash or check due upon registration.

SHERLOCK HOLMES, THE WORLD'S MOST FAMOUS DETECTIVE

Instructor: Margie Stein

Location: CSC

Who was Sherlock Holmes? Learn about the author who created him, who he was modeled after, and how he solved so many cases. Hear about his associate, Dr. Watson, his arch enemy, Professor Moriarty, "The Woman" in his life and much more. See how Holmes' powers of deduction and investigative techniques improved crime solving in England during the late 19th and early 20th centuries. Maon Oct 27. FREE

Day	Times	Dates	Price
Mon	11:00am	Oct 27	free

Call the CSC at (508) 647-6540 to register in advance or online at www.myactivecenter.com.

MassBay at Natick



AP 112-300 CONVERSATIONAL SPANISH – non-credit, workshop Monday 7-9pm, Sept. 29-Dec. 8, \$150

This six-week immersion course is designed for students who have little or no experience speaking Spanish. The course aims to provide students with a full immersion approach toward language acquisition. Students will learn about their immediate world through speaking, listening, reading and writing in Spanish. Topics such as food, family, school clothing, and weather and leisure activities are covered. Students will learn present and future tenses and other grammatical elements.

This is a non-credit class. Cost: \$150.

Monday; 7:00 to 9:00 PM, September 29th -December 8th.

HU 105 EXPLORING WORLD RELIGIONS – 3 credits

**Tuesday 6-9pm, Sept. 2 – Dec. 16,
\$522 in-state**

This course compares what world religions believe about God, atheism, grace, karma, incarnation, reincarnation, heaven and hell, and what these beliefs contribute to our understanding of contemporary issues, including ecology, artistic expression, and global awareness. Lecture: 3 hours per week.

PS 118 LIFESPAN PSYCHOLOGY, Sept. 3

Wednesday 6-9PM, – Dec. 17, \$522 in-state

Examines regularly predicted physical, psychological, and emotional changes from conception through aging. Theories and concepts of the psychology of the life span are integrated.

WK 140 Images of Swing Music

**Saturdays 10AM-12PM, \$ 119 – 0 credits
10/4, 10/11, 10/18, 11/1, 11/15, 11/22**

This course will explore the relation of music and film during the Swing Era. We will be watching films featuring the personalities of the time - Benny Goodman, Glenn Miller, Count Basie, Duke Ellington, Artie Shaw and many others. Topics will include the Soundies (three minute films meant to publicize artists by filming them playing their most popular recordings), Vitaphone shorts (longer films made from the beginning of the sound film era), theatrical films featuring musicians and even cartoons featuring both the images and music of notable personalities such as Louis Armstrong, Cab Calloway and Ethel Merman.

Register: <http://www.massbay.edu/natick>

perspectives

Perspectives is a series of new classes for working adults in the Natick community. We're hoping you'll consider trying a new class. There's something for everyone.



Installation: Gold Divide, Leah Medin.
Photo: Helene Zuckerbrod.

LEARNING TO LOOK

Tour three Boston art museums with an expert Renana Greenberg

Natick Community Services is hosting this art appreciation class. Join Lesley University adjunct professor and art historian Greenberg as we visit three premier art museums in Boston. Greenberg will share her fresh art history perspective on what contemporary art is, why this museum is dedicated to this type of art, the architecture and history of the museum, and look at the current exhibitions. *Meet at the museum for the class, 12:30-2pm.*

To learn more, call 508.647.6540. Saturdays: ICA 10/11/14 (meet in lobby), The Isabella Stewart Gardner Museum 10/18/14 (meet in lobby), MFA 10/25/14 (meet outside at the Fenway entrance.) \$60/3 sessions, plus museum admissions. Check your local library for discount passes. Call (508) 647-6540 to register or online at www.myactivecenter.com.

Hiking the Natick Trails, moderate exercise, all ages Pat Conaway

1st class meets at the CSC, Natick on Sept 13, 1-2:30pm

Natick Community Services will host a class led by Pat Conaway, Founder of the Big Heart Little Feet Trail Buddies Program. Pat will give a talk the first week on the history of the Natick trails and then guide us through Natick's top trails over the next three classes. Come with sturdy shoes, long pants and long sleeve shirt, a water bottle, and your camera. Bring bug spray if you need it. Saturdays, TBD: 1:00-2:30pm, no fee., but registration is still required. Call (508) 647-6540 to register or online at www.myactivecenter.com.

"To be fond of dancing was a certain step
towards falling in love."
~ Jane Austen

BELLY DANCING FOR FUN, beginners, women , CSC, Natick Charlene Harper

What better way to celebrate life than by learning the ancient art of belly dancing? Discover your feminine grace through learning to shimmy and make the classic body shapes and undulations. Wear a fitted top, comfortable pants or leggings, soft dance slippers, and bring a bottle of water. Be prepared to really shake things up! *Tuesday evenings, 6:30-7:30pm. \$80./8 weeks. starts Sept 23 \$80./8 weeks. Prop fee \$10. payable to instructor. Call (508) 647-6540 to register or online at www.myactivecenter.com.*

BOLLYWOOD DANCING: beginners, all ages - adults, CSC Monisha Rajinikanth

Learn the fun and energetic style of modern Indian dance based on the classic dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothes, bring a bottle of water, and be prepared to really dance like a Bollywood star! *Saturdays at CSC, 10:30am-12:00. \$80./8 weeks. Class begins: Sept 20.*

Call (508) 647-6540 to register or online at www.myactivecenter.com.

DANCE YOUR HEART OUT: beginners, all ages, CSC, Natick Ella Zhan

Learn a medley of contemporary dance steps based on modern, Latin, and jazz styles from Ella, a former dance choreographer. We'll dance in the style of 'Dancing with the Stars!'. Bring flexible shoes, a towel, and water. Wear comfortable clothing. *Tuesday evenings: 7:30-8:30pm, starts Sept 23 \$80./8 weeks.*

Call (508) 647-6540 to register or online at www.myactivecenter.com.



TAP DANCING: beg. & interm., all ages, CSC, Natick Serge Genesse

Local tapper Genesse has been teaching his craft at Wellesley College for 26 years! Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel, and be prepared to really dance like a star! Students must purchase tap shoes in advance. Approx cost. \$75. Tuesdays, intermediate 4:00-5:00pm, beginners 5:30-6:30pm. \$80. /9 weeks.) Begins Tues Sept 23
Call (508) 647-6540 to register or online at www.myactivecenter.com.

GARDEN ROAD SHOW

Kathy Rehl

Join landscape designer Kathy Rehl as we learn about common gardening mistakes, and brainstorm creative visual approaches for our residential gardens. Bring your questions (re: pest id, plant selection, soil testing, etc.) and photos of your gardens in different stages if possible. Meet at CSC. Saturday, Sept 20th, 2-4pm.

Call (508) 647-6540 to register or online at www.myactivecenter.com.



QIGONG ON THE WATERFRONT, All-Levels And All Ages

Camp Mary Bunker Park, Natick

Bob Doherty

Natick Community Services will host a Qigong class for all-levels. Qigong is a traditional Chinese healthcare treatment that dates back thousands of years and is a moving meditation. Come enjoy the fall air and join your neighbors in this meditative exercise class for all ages. We'll practice outdoors on wood platforms facing the lake. Wear comfy clothes, bring a bottle of water, and come prepared to start your weekend with movement, healing, and fun! Saturdays, 9-10:15am, \$80./10 weeks. Sept 13- Nov 15.

Call (508) 647-6540 to register or online at www.myactivecenter.com.



DISCOVER THE FIERY ART OF FLAMENCO, Location: CSC

Eve Costarelli

Discover the fiery art of Flamenco, a creation of the Roma (or Gypsies) who fused dance from Spaniards, music from the Moors and song from Sephardic Jews. Through movement, music and words, Eve Costarelli traces the origins of this emotive form from India to Andalusia. In addition to Flamenco's rich history, you will learn about compás (rhythm) tacaneo (footwork) and the communication between dancer and guitarist. You can join in the performance using palmas (clapping rhythms) and jaleo (calls) and possibly learn a few moves! Eve Costarelli has been teaching flamenco, tap and yoga in the Boston community for the past eighteen years. The program is offered in partnership with Sage Educational Services. Monday, Nov 3, 12:30-1:30 pm, at CSC. Class fee is \$5.

Call (508) 647-6540 to register or online at www.myactivecenter.com.

MAKE-UP TIPS AND TRICKS, Location: CSC

Instructor: Haley Kulow

Good makeup is about learning what you want your face has to say about you. Come learn how to properly pick out and apply cosmetic products while exploring what works for you. Let a professional teach you tips and tricks to enhance your image and build your confidence. In this beginner class we'll explore color theory, cosmetic tools, and basic application techniques that will allow you to create your own personalized beauty look. We'll discuss facial features, how skin responds to color, the basic must-have cosmetic tools, and how to take your look from day to evening. Please bring your makeup bag along with tissues, wipes, sponges or other make-up removal tools.

Day	Times	Dates	Price
Wed	6:30-8:00 pm	9/10, 9/17, 9/24, 10/1	\$40

GINGERBREAD WORKSHOP, Parent plus one

Gail Brown

Location: CSC

Come learn to make a great gingerbread house with a child. All supplies will be included. No nuts but candy and gingerbread will be used.

Limited to 12 pairs. Class meets (1) Saturday, Dec 6 from 10:00-noon, Fee is: \$40, food and supplies included. Maximum 10 parent/child pairs.

FARM-TO-TABLE COOKING, Adults

Gail Brown

Location: CSC

Learn how to make a delicious meal from local organic vegetable selections. Emphasis will be on menu and produce selection. Gail is a member of Jamie Oliver's Food Revolution and has been cooking for thirty plus years as a professional at Wellesley College. Participants will have an opportunity to sample all the selections. Limited to 6 individuals. Class meets (2) Saturdays, 2:00-4:00pm October, 4th & 11th. Fee is \$80, food included.



DECORATING CREATIVELY FOR THE HOLIDAYS

Victoria Wallins

Join tablescapist and former Essentia business owner Victoria Wallins as we learn how to brainstorm ideas for unique and gorgeous tablescapes. Bring photos of your table and room, and a box of some special objects you'd like to use as the central theme. We'll brainstorm out-of-the box table designs together. Fee: \$5. plus \$10 material fee payable to the instructor. Meets at CSC. Saturday, November 1st, 10-12am.

Call (508) 647-6540 to register or online at www.myactivecenter.com

Computers

BEGINNER'S COMPUTER CLASS

Instructor: Swati Dave. Location: CSC

This introductory hands-on workshop is for people who want to be a skilled computer user. Topics include working with windows, saving and organizing files, changing the desktop background, attaching and downloading files from emails, and much more! Class size limited Space is limited 7.

Day	Times	Dates	Price
Sat	10am-noon	Sept 27	\$10

Register at CSC, (508) 647-6540. Cash or check due upon registration.

COMPUTER LAB

Instructor: Tom Swan. Location: CSC

Drop-in, first come, first served with your computer questions.

Day	Times	Dates	Price
Tue, Wed, Thu	1-3:00pm	ongoing	free

CREATE YOUR OWN WEBPAGE

Instructor: Chris Jones. Location: CSC

Have you ever wanted to create your own webpage? It's actually easy and free. Learn about the various ways you can be sharing your knowledge in a particular subject or hobby or other. Chris will cover WordPress, NotePad and Text Editor versions and then offer individual support for your particular project. You can bring your PC or MAC. Please call (508) 647-6540 to register. No fee. Space is limited 15.

Day	Times	Dates	Price
Mon	4-5pm	Oct 6, 20, 27	free

Call the CSC at (508) 647-6540 to register in advance or online at www.myactivecenter.com.

FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP

Location: CSC

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Day	Times	Dates	Price
Thu	3-6pm	Sept 11, Oct 2, Nov 6	free

Call the CSC at (508) 647-6540 to register or online at www.myactivecenter.com.

INTRODUCTION TO EXCEL

Instructor: Swati Dave. Location: CSC

This introductory Microsoft Excel class is a hands on workshop will provide you with: a working understanding of the basic features of MS Excel, confidence to use Excel on a daily basis and knowledge of functions and formulas to save time and reduce workload. Space is limited 7.

Day	Times	Dates	Price
Sat	10am-noon	Oct 4	\$10

Register at CSC, (508) 647-6540. Cash or check due upon registration.

INTRODUCTION TO POWERPOINT

Instructor: Swati Dave. Location: CSC

This introductory hands-on workshop will provide you with: a working understanding of the basic features of MS PowerPoint, skills to create and format

slides, apply templates, insert pictures, shapes etc., and to set up slide-show. Class size limited to 7.

Day	Times	Dates	Price
Sat	10am-noon	Oct 18	\$10

Register at CSC, (508) 647-6540. Cash or check due upon registration.

INTRODUCTION TO WORD

Instructor: Swati Dave. Location: CSC

This introductory Microsoft Word hands on workshop will provide you with: a working understanding of the basic features of MS Word, the skills to edit and format documents with ease and the ability to set up pages and print documents. Space is limited 7.

Day	Times	Dates	Price
Sat	10am-noon	Sept 20	\$10

Register at CSC, (508) 647-6540. Cash or check due upon registration.

LEARN HOW TO BORROW E-BOOKS USING THE MINUTEMAN LIBRARY OVERDRIVE

Instructor: Dave Bartos and Karol Bartlett from the Morse Institute Library. Location: CSC

Join Morse Library associates, Dave Bartos and Karol Bartlett as they explain how you can download e-books from home using the Minuteman Library Overdrive system and your library account. In addition to the Overdrive system, Learn to highlight text, bookmarks, notes and changing your text settings for accessibility. No experience needed! You may bring your iPad or just yourself. Individual questions will be addressed. Limited to 25.

Day	Times	Dates	Price
Tue	2-3:30pm	Sept 30	free

Call the CSC at (508) 647-6540 to register in advance or online at www.myactivecenter.com.

LEARN ABOUT FACEBOOK

Instructor: Chris Jones. Location: CSC

Learn about and create your own Facebook page. Facebook is an easy to use social media tool that helps you share photos, events, thoughts, fun things and helps to get to know others in different ways. Join Chris Jones as you create your own Facebook account and start in this journey together in this 2-session class. You can bring your PC or MAC or just yourself. Space is limited 15.

Day	Times	Dates	Price
Mon	4-5pm	Nov 3 & Nov 10	free

Call the CSC at (508) 647-6540 to register in advance or online at www.myactivecenter.com.

LEARN ABOUT SKYPE AND FACETIME

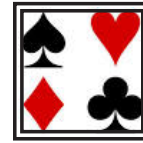
Instructor: Chris Jones. Location: CSC

Learn about Skype and Facetime. It's a wonderful way to keep in touch with others who are far away, living abroad or that you otherwise cannot see in person and it's free! There will be 2 classes that will be the same program,

Day	Times	Dates	Price
Mon	4-5pm	Nov 3 & Nov 10	FREE

Call the CSC at (508) 647-6540 to register in advance or online at www.myactivecenter.com.

Play



BEGINNER'S BRIDGE

Instructor: Doris Burke

Location: CSC

If you enjoy card games, give Bridge a try! The class will cover rules, scoring, bidding and playing along with supervised play. Bridge is a life-long game that is social and helps boost your brainpower while having fun and meeting new people. 8 weeks.

Day	Times	Dates	Price
Mon	10am-noon	Start date Sept 22 until Nov 17	free

No class Oct 13

Call 508) 647-6540 to register or online at www.myactivecenter.com.

CONTRACT BRIDGE - DROP IN

Location: CSC

This is an informal bridge group for people who have some knowledge of the game. No formal instruction but materials are provided..

Day	Times	Dates	Price
Thu	9:00am-12:00pm	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

DUPLICATE BRIDGE - DROP IN

Location: CSC

For experienced bridge players. You may attend without a partner. Welcome to come and observe on your first visit then join in when you are comfortable. A social, fun group. Materials provided.

Day	Times	Dates	Price
Wed	12:30-4:00pm	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

INTERMEDIATE BRIDGE LESSONS

Instructor: Robert Baum

Location: CSC

Intermediate Bridge Continues! If you are comfortable with the basics and want to improve your game, Intermediate bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads and much more. Sessions include instruction and discussion followed by play where questions are encouraged. If you enjoy the challenge of bridge and want to get better, join us. 7 weeks.

Day	Times	Dates	Price
Tue	3-5pm	Start date: Sept 23	\$70

Register at CSC, (508) 647-6540. Cash or check due upon registration.

SCRABBLE - DROP IN

Location: CSC

Day	Times	Dates	Price
Mon	1:00	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

POKER - DROP IN

Location: CSC

Friendly game, no money involved.

Day	Times	Dates	Price
Mon	12:00	ongoing	free

Call the CSC at (508) 647-6540 to register or online at www.myactivecenter.com.

MAH JONGG - DROP IN

Location: CSC

Friendly game, no money involved.

Day	Times	Dates	Price
Tue	12:00	ongoing	free
Fri	11am-12:30pm	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

BINGO - DROP IN

Location: CSC

Operated by the Friends of the Natick Senior, Inc., seniors may play once and then need to join the Friends in order to play. New electronic bingo system.

Day	Times	Dates	Price
Tue & Thu	12:45	ongoing	fee (call for details)

Call 508) 647-6540 to register or online at www.myactivecenter.com.

BILLIARDS - DROP IN

Location: CSC

Pick-up games. 18 years old or older.

Day	Times	Dates	Price
Mon-Fri	9:00am-4:00pm	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

PING PONG - DROP IN

Location: CSC

Pick-up games. Under 18 must have an 18+ with them.

Day	Times	Dates	Price
Mon	3:00 – 5	ongoing	free
Fri	2:00 – 7:00pm	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

BADMINTON - DROP IN

Location: CSC

Day	Times	Dates	Price
Wed	10:00am-12:00pm	ongoing	free

Call the CSC at (508) 647-6540 to register or online at www.myactivecenter.com.

Volunteer

Exercise Programs

FALL LEAF RAKING: COMMUNITY SERVICE OPPORTUNITY

Our Fall Leaf Raking project will be taking place again in November. This project helps Natick's elderly citizens and residents with disabilities get their leaves raked in preparation for the winter. We always need volunteers! The schedule is very flexible; you can volunteer for a morning or an afternoon. Everyone can help: working people, students, scout troops, civic or religious groups, families and individuals. Please think of helping us out again this fall. Anyone interested in volunteering should email Karen at kedwards@natickma.org or Lorraine at lmcnally@natickma.org. Come, help your neighbors, eat snacks, and provide a valuable service to our community! Students can earn hours towards their community services hours, needed for graduation. Thanks in advance for helping out!

C.H.O.R.E. PROGRAM

Know your way around a toolbox? Willing to help out someone who needs a little help around the house? Our C.H.O.R.E. program provides minor home repair and chore service to Natick's senior citizens. Our volunteers can help! Call the CSC today at 508-647-6540 to volunteer your to help your neighbors.

RED CROSS BLOOD DRIVE

Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC exceeded its goal for August! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drives.

Day	Times	Dates
Mon	2-7:00pm	10/20
Thur	2-7:00pm	11/13

FRIENDS OF THE NATICK SENIOR CENTER

Holiday Bazaar is being held on Saturday, November 22, 10am-2pm. Treasures, unique items, hand-made items and goodies for all! Call the CSC at 508-647-6540 to volunteer to set up or to help out at this wonderful event!

Don't forget to visit us at our website at www.natickma.gov/community-services or at our facebook page at <https://www.facebook.com/natickcommunityservices/>

WEEKLY EXERCISE PROGRAMS AT THE CSC

Your choice -- try them all!

Try something new or stick with your favorite exercise, either way you may use a multi-exercise card- no expiration. You may buy a 10 class card for \$30 or a 5 class card for \$15. Cash or checks payable to 'Town of Natick' accepted.

Chair Aerobics: Tuesdays & Fridays at 11:00 am

Chair Yoga: Mondays at 10:00 am

Line Dancing: Wednesdays at 12:00 noon

Muscle Building: Advanced Band Exercises: Tuesdays and Thursdays at 10:00 am

Muscle Building: Low to Moderate Band Exercises - Tuesdays and Thursdays at 11:00 am

Evening Muscle Building: Tuesdays and Thursdays at 5:30 pm

Strength Training: Fridays at 10:00 am

T'ai Chi: Wednesdays at 10:00 am

Yoga: Fridays at 1:45 pm

Zumba: Mondays at 12:30 pm

NEW CLASS ON THE MULTI-USE EXERCISE CARD - ENERGY FOCUS ACTION

Instructor: Linda Bellefeuille

Balance...physical and energetic; Strength ... maintain or regain; Flexibility ... from surviving to thriving. Linda will help you customize your moves to match your needs. Laughter is included!

Day	Times	Dates	Price
Wed	1:00pm	ongoing	\$3 per class

BALLROOM DANCING

Instructor: Manny Correia

This course will focus on having fun and learning to dance with confidence to a variety of dances, such as the foxtrot, waltz, swing, rhumba, cha-cha and more! Wear your sneakers!

Day	Times	Dates	Price
Wed	6:30-7:30pm	9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5	\$80

Create

ACRYLIC PAINTING

Instructor: Erika Edmands

Location: CSC

We will focus on a series of exploratory exercises; color theory, color relationship, color mixing procedures and painting techniques. On the first day please bring acrylic paints, flat brushes-1/4", 1/2" and 1 and 1/2", good paper (lots), jar for water, rags or roll of paper towels, tray for mixing colors, and plastic drop cloth for table. Basic drawings required or equivalent required as prerequisite. Class size limited to 15 students, sign up in advance.

Day	Times	Dates	Price
Wed	9:30am	Sept 3-Dec 17	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

ALL MEDIA OPEN WORKSHOP

Instructor: Gloria Fox

Location: CSC

Artists can sketch in charcoal, pencil or any medium they choose. Participants can apply color in other mediums they choose. Please bring your own supplies.

Day	Times	Dates	Price
Fri	9:30am	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com

PORTRAIT PAINTERS

Location: CSC

Portrait Painters paint a live clothed model. All mediums are used, but turpentine is not allowed. Models are paid \$40 that comes from collecting \$6 from all artists that are using the model payable at the front desk to the Town of Natick. If you would like to model for the group please call (508) 647-6540.

Day	Times	Dates	Price
Thu	10:00am – 12:00	ongoing	\$6 per class

Register at CSC, (508) 647-6540. Cash or check payable to 'Town of Natick' due on the day of session.

QUILTING

Location: CSC

All levels welcome to this informal quilting group. No formal instruction is given but if you bring your project the group will most likely be able to offer guidance and suggestions. There are various supplies available for use including cutting boards, rotary cutters, sewing machines and fabrics. Machine and hand quilters welcome.

Day	Times	Dates	Price
Thu	1:00 – 3:00pm	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

BEADED JEWELRY MAKING PROGRAM – DROP IN

Instructor: Lori Rosen

Location: CSC

Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.

Day	Times	Dates	Price
Mon	10:00am–12:00pm	tba	Small fee charged per item

Drop in or call the CSC (508) 647-6540 to register.



BEADED FLOWER CLASS

Instructor: Judith Sachs

Location: CSC

Learn the art of beaded flower making from a knowledgeable instruction. Participants learn to make beautiful beaded flowers and arrangements.

Day	Times	Dates	Price
Tue	1:00pm	ongoing	\$10 for supplies, \$20 at first class

Call 508) 647-6540 to register or online at www.myactivecenter.com.

WRITER'S GUILD

Location: CSC

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members if you wish. Members share their work including poetry, fiction, memoirs, essays and journal entries. Everyone has unique stories to tell, unique points of view, opinions and ideas and this group will help you improve, learn and enjoy what others are doing.

Day	Times	Dates	Price
Tue	1:00	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

KNITTING & CROCHETING

Instructor: Donna Lambert

Location: CSC

All are welcome to join and may bring any supplies to use. We also have yarn on hand to get started. This isn't an instruction class, but our experienced knitters can answer any questions and knitting challenges you bring.

Day	Times	Dates	Price
Wed	1:00pm	ongoing	free

Call 508) 647-6540 to register or online at www.myactivecenter.com.

Move

FITNESS ROOM AT CSC

The Fitness Room at the CSC is a small community gym where with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join the Fitness Room you must first schedule an orientation. There is a \$5 orientation fee that will be deducted from your membership cost if you decide to join the fitness room. Please arrive early for your scheduled orientation time, late arrivals will not be permitted. If you do not attend the orientation or do not arrive on time the fee is nonrefundable.

The membership fee is \$25 for those 60 and above and \$40 for those 18-59 for a six-month membership. Gift certificates are available from the front desk at the CSC. Supervised Fitness Room Hours are offered with a trainer for people who need expert advice. Please contact the CSC for more information and hours, (508) 647-6540.



SMALL GROUP PERSONAL TRAINING ADVANCED

Instructor: Fitness Together Staff

Location: CSC

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Day	Times	Dates	Price
Tue & Thu	10-11:00am	Sept 18-Oct 14	\$100 per session
Tue & Thu	10-11:00am	Oct 16-Nov 13	\$100 per session
<i>(no class Nov 11)</i>			
Tue & Thu	10-11:00am	Nov 18-Dec 16	\$100 per session
<i>(no class Dec 11)</i>			

Register at CSC, (508) 647-6540, cash or check, payable to 'Town of Natick' due upon registration.

SMALL GROUP PERSONAL TRAINING - EVENING

Instructor: Fitness Together Staff

Location: CSC

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Day	Times	Dates	Price
Tue & Thu	7-8:00 pm	Sept 18- Oct 14	\$100 per session
Tue & Thu	7-8:00 pm	Oct 16-Nov 13	\$100 per session
<i>(no class Nov 11)</i>			
Tue & Thu	7-8:00 pm	Nov 18-Dec 16	\$100 per session
<i>(no class Dec 11)</i>			

Register at CSC, (508) 647-6540, cash or check, payable to 'Town of Natick' due upon registration.

CHAIR VOLLEYBALL

Location: CSC

Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, which can improve upper body mobility, balance and strength.

Day	Times	Dates	Price
Mon	12:00pm	ongoing	free
Wed	10:30am	ongoing	free
Fri	10:30am	ongoing	free

VIDEO EXERCISE

Location: CSC

Low impact beginners aerobics. Many exercises can be done from a chair. Richard Simmons 'Silver Foxes' DVD will be used.

Day	Times	Dates	Price
Tue & Thu	10:00-11:00am	ongoing	free



PreSchool

PRE-K

ON MY OWN PLAYGROUP (2 - Pre-K)

Location: Cole Center

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: Free play, physical play, snack or lunch, art, circle time with music, stories and dance.

ATTENTION!! PLAYGROUP WILL REGISTER AS A LOTTERY.

Registration Forms and payment are due by 5:00 pm on Wednesday, September 3rd. Lottery will be done on Thursday, September 4th. Confirmation calls will be made to all in Lottery by September 9th

- Child must be the proper age on the first day of class.
- Morning classes please bring a snack. Afternoon classes bring a lunch. NO PEANUTS OR NUT PRODUCTS.
- For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

S#	Age	Day	Times	Dates	Price
M1	2-3 YO	Mon	9:00 - 11:00 am	Sep 15-Dec 15	\$162
T1	2-3 YO	Tue	9:00 - 11:00 am	Sep 16-Dec 16	\$162
T2	3-Prek	Tue	11:30 am - 2:00 pm	Sep 16-Dec 16	\$178
W1	2-3 YO	Wed	9:00 - 11:00 am	Sep 17-Dec 17	\$162
W3	3-Prek	Wed	11:30 am - 2:00 pm	Sep 17-Dec 17	\$178
Th1	2-3 YO	Thu	9:00 - 11:00 am	Sep 18-Dec 18	\$150
Th2	3-Prek	Thu	11:30 am - 2:00 pm	Sep 18-Dec 18	\$165
F1	2-3 YO	Fri	9:00 - 11:00 am	Sep 19-Dec 19	\$150

NEW

NO CLASSES: Thu Sept 25, Fri Sept 26, Mon Oct 13, Tues Nov 11, Wed – Fri; Nov 26-Nov 28

HOW TO REGISTER: Register in person at the Cole Center for Lottery by September 3rd at 5pm.

FUN WITH MESSY PLAY (Ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles feathers and more. (9 wks)

S#	Day	Times	Dates	Price
01	Wed	10:45 – 11:30 am	Sep 17 – Nov 12	\$134

How to Register: Register online at www.natickma.gov/recreation

JUMP, TUMBLE AND SING (Ages 2–4)

Instructor: Muriel Sypek

Location: Cole Center

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (9 wks)

S#	Day	Times	Dates	Price
01	Wed	9:30 – 10:15 am	Sep 17 – Nov 12	\$98

How to Register: Register online at www.natickma.gov/recreation

BABES IN ARTLAND (Ages 2.5–5)

Instructor: Christine Van

Location: Cole Center

Children will be doing fun projects that build self-esteem and use his/her creativity. Come have fun with your child!

Parent participation is required. (5 wks each session)

S#	Day	Times	Dates	Price
01	Thu	10:00 – 10:45 am	Oct 9 – Nov 6	\$59
02	Thu	10:00 – 10:45 am	Nov 13 – Dec 18	\$59

No class Nov 27

How to Register: Register online at www.natickma.gov/recreation

MINIKICKERS (Ages 2–4)

Instructor: Challenger Sports

Location: Cole Center

MiniKickers teaches basic soccer skills while developing strength, balance, coordination and teamwork. Participants receive a ball and a shirt. (5 wks)

S#	Day	Times	Dates	Price
01	Tue	11:00 am–12:00 pm	Sep 30 – Oct 28	\$76
02	Thu	1:00 – 2:00 pm	Oct 2 – 30	\$76

How to Register: Register online at www.natickma.gov/recreation

MIGHTY-MITE SPORTS (Ages 4–5)

Instructor: Recreation Staff

Location: Cole Center

A fun and active program where participants will take part in different sports/physical activities each week. We stress teamwork and sportsmanship as kids learn and develop their sports skills. (4 wks)

S#	Day	Times	Dates	Price
01	Fri	3:30 – 4:00 pm	Sep 19 – Oct 17	\$38
02	Fri	4:15 – 4:45 pm	Sep 19 – Oct 17	\$38
03	Fri	5:00 – 5:30 pm	Sep 19 – Oct 17	\$38

No class Sep 26

How to Register: Register online at www.natickma.gov/recreation

INTRO TO DANCE 1 (Ages 3 & 4)

Instructor: Cindy Wright

Location: Cole Center

Cindy is the Owner/Director of Cindy Wright Dance Studios in Wellesley and has taught dance for 30+ years. A wonderful introduction to the world of dance. Students will develop their gross motor skills, coordination, group skills and self-confidence in a fun and active learning environment. Students should wear ballet slippers or non-skid socks and any style/color dance-wear or comparable attire. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	9:45 – 10:30 am	Sep 17 – Nov 5	\$78

How to Register: Register online at www.natickma.gov/recreation

PreSchool

PRE – K DANCE (Ages 4–Pre-K)

Instructor: Cindy Wright

Location: Cole Center

Children will take their skills and joy to the next level. This class includes creative movement, basic ballet positions and combinations. Students should wear ballet slippers or non-skid socks and any style/color dance-wear or comparable attire. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	10:30 – 11:15 am	Sep 17 – Nov 5	\$78

How to Register: Register online at www.natickma.gov/recreation

THUNDERCATS MINI SPORTS (Ages 4–Pre-K)

Instructor: Thundercats Coaching Staff

Location: Cole Center

A fun program that will have participants playing soccer, basketball, Softee® hockey and other unique games like 'Sponge Bob' tag and 'Finding Nemo'. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

S#	Day	Times	Dates	Price
01	Thu	2:45 – 3:30 pm	Oct 2 – Oct 30	\$65

How to Register: Register online at www.natickma.gov/recreation

F.A.S.T • T-BALL (Ages 3–Pre K)

Instructor: F.A.S.T Athletics Coaching Staff

Location: Cole Center Field/Gym

A great introduction to the fundamentals of America's favorite pastime. All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 weeks)

S#	Day	Times	Dates	Price
01	Tue	2:00 – 3:00 pm	Sep 23 – Oct 21	\$61
02	Tue	3:00 – 4:00 pm	Sep 23 – Oct 21	\$61

How to Register: Register online at www.natickma.gov/recreation

MICRO ATHLETICS (Ages 4–Pre K)

Instructor: Knuckle Bones Staff

Location: Cole Center Field/Gym

Knuckle Bones wants to teach children the fundamentals of sports, help build confidence and to develop a passion for athletics and fitness that will stay with them for a lifetime! Each class, Knuckle Bones will bring a plethora of different and unique equipment, mini-gym, rhinoskin balls, kickballs, scooters, balance bicycles and much more. Proper sneakers are required! (7 wks)

S#	Day	Times	Dates	Price
01	Tue	9:00 – 10:00 am	Sep 16 – Oct 28	\$76

How to Register: Register online at www.natickma.gov/recreation

MICRO WHEELS (Ages 2 & 3)

Instructor: Knuckle Bones Staff

Location: Cole Center Gym

Micro Wheels will engage both Parent/Guardian and their toddler(s) with a developmental array of wheeled, self-propelled vehicles that will be used to gain balance and confidence. Obstacle courses and street signs will help these determined drivers to trust themselves as they look forward to the day they actually ride a bicycle on their own. Proper sneakers and long pants required. Parent participation is a must! (7 wks)

S#	Day	Times	Dates	Price
01	Thu	9:00 – 10:00 am	Sep 18 – Nov 6	\$76

No class Sep 25

How to Register: Register online at www.natickma.gov/recreation

SOCCER JUNIORS (Ages 3–6)

Instructor: Global Premier Soccer

Location: Cole South Field

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years and we had an opportunity to bring a new juniors program to Natick. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3 – 6 yr olds. Coach ratio of 10 players to one Coach. (7 weeks)

S#	Day	Times	Dates	Price
01	Wed	3:30 – 4:30 pm	Sep 17 – Oct 29	\$94

How to Register: Register online at www.natickma.gov/recreation



Youth

NATICK DRAMA WORKSHOP (Grades 5–8)

Staff: Cindy Wright – Director, Lisa Cigna – Choreographer,
Chris Letizia – Music Director, Deb Finkelstein – Stage Manager

Location: Rehearsals at Cole Center

Location: Shows at Kennedy Middle School

This program gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. There will be a mandatory meeting of all parents/guardians at 9:00 am on the day of auditions for an overview of our program and to sign up for various volunteer jobs that need to be done. At least one parent or legal guardian must accompany child to audition. Times below are subject to change. (\$97)

S#	Day	Times	Dates	Event
AUD	Sat	9:00 – 12:30 pm	Sep 6	Audition
REH	Sat	9:00 – 12:30 pm	Sep 13 – Nov 1	Rehearsals
TECH	Sun	12:00 – 5:00 pm	Nov 2	Tech Rehearsal
TECH	Mon–Thu	4:30 – 9:00 pm	Nov 3 – Nov 6	Tech Rehearsals
SHOW	Fri–Sun	Varied	Nov 7, 8 and 9	Show Weekend

How to Register: Register online at www.natickma.gov/recreation

WINTER YOUTH BASKETBALL (Grades 3–8)

Grade 3 teams play on Saturday mornings. There will be a preseason evaluation (Saturday December 6). Teams will be made after that evaluation and then beginning on December 13, each Saturday morning they will have a 20–30 minute practice with a 20–30 minute game following.

Grade 4–8 teams practice once a week. Teams play a nine game schedule mainly on Saturdays between 9:00 am and 3:30 pm. There will be a special practice/evaluation for 7th graders, date TBA.

FEE: Grade 3, \$ 81 • Grade 4–6, \$91 • Grades 7 & 8, \$101 **

** Please note: Due to past scheduling conflicts, Grade 7 & 8 Travel Basketball Players will not be allowed to register for the Winter Youth Recreation basketball program.

COACHES NEEDED: The Recreation Department would like to thank last year's Volunteer Coaches who made the program a great success. If anyone is interested in Coaching, please contact the main office at 508-647-6530 and provide name, address, email and best phone number or you can email Dan Keefe at dkeefe@natickma.org with the same information. We will either mail or email a Coaches packet to you.

Separate registration forms will be available on our web site, through the schools virtual back pack or on the night of registration. Do not use our general registration forms for Winter Basketball.

S#	Day	Times	Dates	Event
01	Tue–Thu		7:00–8:30 pm	Oct 14–Oct 16 Registration

How to Register: Guaranteed spot if registered during the dates and times above



PUBLIC SWIMMING FOR NATICK RESIDENTS

Location: Keefe Tech Pool, 750 Winter Street, Framingham

Natick Recreation and Parks Department in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool on weekends starting in late September. Pool availability may change as the season progresses. Youth 12 yrs and under must be accompanied by an adult. For more information and specific dates the pool is available or closed, please call the Framingham Rec. Dept., 508-532-5960.

S#	Day	Times	Dates	Price
SNR	Sat	2:00 – 3:00 pm	TBA	FREE
ALL	Sat	3:00 – 4:30 pm	TBA	\$2/child, \$4/adult
ALL	Sun	2:00 – 3:30 pm	TBA	\$2/child, \$4/adult

INTRODUCTION TO FUTSAL (Ages 7–14)

Instructor: Global Premier Soccer Coaches

Location: TBA

Natick Recreation and Parks has partnered with Global Premier Soccer (GPS) to bring to Natick an introduction to the fast-paced indoor game of Futsal. This is not a league, there will be some instruction on the game and skills involved as well as a “kick around” for about 20 minutes and then the Coaching staffs will set teams and the participants will play some games for another 20 to 30 minutes. A jersey will come with your fee. (\$185 per person) (8 wks)

S#	Day	Times	Dates	Ages
01	Sun	12:30 – 1:45 pm	Sep 14 – Nov 9	7 & 8
02	Sun	1:45 – 3:00 pm	Sep 14 – Nov 9	9 & 10
03	Sun	3:00 – 4:15 pm	Sep 14 – Nov 9	11 & 12
04	Sun	4:15 – 5:30 pm	Sep 14 – Nov 9	13 & 14

No class Oct 12

How to Register: Register online at www.natickma.gov/recreation

YOUTH WRESTLING (Grades 2 – 4)

Location: Natick High School

Program stressed fundamentals of wrestling in a structured and safe format regardless of size or weight. Participants wrestle in their own weight class

S#	Day	Times	Dates	Price
01	Mon & Thu	6:30 – 8:00 pm	Dec 4 – Feb 12	\$40

No class Dec 1, 22, 25, 29, Jan 1, 19

How to Register: Register online at www.natickma.gov/recreation

Youth



3 ON 3 BASKETBALL LEAGUE (Grades 4-7)

Instructor: Recreation Department Staff and Volunteers

Location: TBA

Our February vacation 3 on 3 tournament program has been so popular that some parents requested we expand. League will be competitive but fun. Final format is still under discussion, but the idea would be that we would form equally competitive teams and they would coach themselves. Fee includes administration, balls, referees and guidance if needed. Teams will be made based on grade, maximum of 4 – 5 players/team and would play a minimum of one game per night. Limited space per grade. (\$55 per player) (8 wks)

S#	Day	Times	Dates	Grades
01	Thu	6:15 – 7:15 pm	Sep 18 – Nov 13	Grade 4
02	Thu	6:15 – 7:15 pm	Sep 18 – Nov 13	Grade 5
03	Thu	7:15 – 8:15 pm	Sep 18 – Nov 13	Grade 6
04	Thu	7:15 – 8:15 pm	Sep 18 – Nov 13	Grade 7

No class Sep 25

How to Register: Register online at www.natickma.gov/recreation

ARCHERY (Ages 9 & Up)

Instructor: On the Mark Archery staff

Location: Community Senior Center Field

Natick Recreation and Parks Department has partnered with "On the Mark Archery" to provide a wonderful introduction to archery. Participants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. On the Mark Archery will provide all equipment. (4 wks)

S#	Day	Times	Dates	Price
01	Mon	5:30 – 6:30 pm	Sep 15 – Oct 6	\$86

How to Register: Register online at www.natickma.gov/recreation

START WITH ART (Grades K – 6)

Instructor: Christine Van

Location: Cole Center

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (\$135/session, 5 wks per session)

S#	Day	Times	Dates	Grades
01	Thu	4:00 – 5:00 pm	Oct 9 – Nov 6	K – 2
02	Tue	4:00 – 5:00 pm	Oct 14 – Nov 18	3 – 6
03	Thu	4:00 – 5:00 pm	Nov 13 – Dec 18 **	K – 2
04	Tue	4:00 – 5:00 pm	Nov 25 – Dec 23	3 – 6

** Please Note the November 13 class will be 2:30 – 3:30 pm due to the Early Release Day

No class November 11, 27

How to Register: Register online at www.natickma.gov/recreation

TERRIERS DODGEBALL (Grades 2-4)

Instructor: Terriers Dodgeball Staff

Location: Cole Center

Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. They also get a great overall workout and develop throwing, catching and agility skills. This program will be directed by Terriers Sports, who have run popular youth sports programs in neighboring towns for twenty years. Participants will be placed on teams and provided with cool Dodgeball team shirts. Terriers also mixes high-energy "arena" music into their sessions, creating an environment that kids love! For added fun at the conclusion of the program, teams will compete for a chance to win and sign the Terriers Dodgeball Bucket. Cushioned foam balls are used for safety

S#	Day	Times	Dates	Price
1	Thu	4:30-5:30 pm	Nov 6 – Dec 11	\$110

(No Class Nov 27)

How to Register: Register Online at www.natickma.gov/recreation

DROP AND SHOP (Grades K-4)

Make Black Friday into a win-win for everyone. Drop the kids off for the day while you go shopping and they get a fun day of playing Air Hockey, Ping-Pong, Foosball, Making Art Projects, Playing Gym games and much more. A snack and drink will be provided as well as a Pizza Lunch..

S#	Day	Times	Dates	Price
1	Fri	9:00-3:00 pm	Nov 28	\$27*

*\$21 for second child, \$15 for Third Child.

How to Register: Register Online at www.natickma.gov/recreation

MIDDLE SCHOOL EARLY RELEASE TO ROLLER KINGDOM (Grades 5-8)

Instructor: Recreation Staff

Join the Recreation and Parks department as we adventure off to Roller Kingdom for an afternoon of Skating/Blading, Games, food and fun. Trip includes Rental, Slice of Pizza and a Soda, Chaperones and Transportation from Kennedy or Wilson Middle school. Return bus drop-off will be at the Cole Center at 5:00 pm.

S#	Day	Times	Dates	Price
1	Wed	11:30-5:00 pm	Oct 29	\$38

Youth

FANTASTIC FRIDAYS (5 & 6 Grade)

Instructor: Recreation Staff

Location: Cole Center

Fantastic Fridays includes a DJ, Game tables, Freeze Dance and other Games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the Electronic scrolling boards at each Middle School

S#	Day	Times	Dates	Price	Grade
1	FRI	7:00 – 9:00 pm	Sept 12	\$5	6
3	FRI	7:00 – 9:00 pm	Oct 10	\$5	5
4	FRI	7:00 – 9:00 pm	Nov 7	\$5	6
5	FRI	7:00 – 9:00 pm	Nov 21	\$5	5
6	FRI	7:00 – 9:00 pm	Dec 12	\$5	6

HOW TO REGISTER: No pre-registration necessary.
Please pay \$5 at the door.

PARENTS NIGHT OUT (K-4th grade)

Instructor: Recreation Staff

Location: Cole Center

Drop the Kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA Certified Staff. Cheese Pizza, a Small snack and Juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancelations of reservations must be received at the Recreation Department Office by noon the Friday before the event.

Multi-child Discount: \$6 off For 2nd Child, \$12 off for 3rd + Child(ren)
PER INDIVIDUAL NIGHT REGISTRATION.

S#	Day	Times	Dates	Price
1	SAT	5:00 – 9:00 pm	Sep 20	\$18
2	SAT	5:00 – 9:00 pm	Oct 4	\$18
3	SAT	5:00 – 9:00 pm	Oct 18	\$18
4	SAT	5:00 – 9:00 pm	Nov 1	\$18
5	SAT	5:00 – 9:00 pm	Nov 15	\$18
6	SAT	5:00 – 9:00 pm	Dec 6	\$18
7	SAT	5:00 – 9:00 pm	Dec 20	\$18

HOW TO REGISTER: Register Online at www.natickma.gov/recreation.
Walk-in registration night of available only if space is available.

DO YOU BELIEVE IN MAGIC (Ages 8 - 12)

Instructor: Joe Carota

Location: Cole Center

Learn the “art” of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick.

S#	Day	Times	Dates	Price
1	Fri	3:45 – 5:00pm	Oct 3 – Oct 31	\$106

HOW TO REGISTER: Register Online at www.natickma.gov/recreation

HOME ALONE SAFETY (Grade 3 -5)

Instructor Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center (117 E. Central St)

Girls and boys learn telephone and door answering techniques, Internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

S#	Day	Times	Dates	Price
1	Wed	1:00 – 3:00 pm	Sept 17	\$38
1	Wed	1:00 – 3:00 pm	Oct 29	\$38

HOW TO REGISTER: Register Online at www.natickma.gov/recreation

BLAST BABY SITTING (Grades 6-9)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center (117 E. Central St)

Babysitter Lessons And Safety Training

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. This is an American Academy of Pediatrics Course. Participants will receive a certificate of completion, easy-to follow first aid instructions and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

S#	Day	Times	Dates	Price
1	Wed	3:00 – 6:00 pm	Sept 17	\$43
2	Wed	3:00 – 6:00 pm	Oct 29	\$43

HOW TO REGISTER: Register Online at www.natickma.gov/recreation

Youth

MODEL MAGIC MADNESS ART WORKSHOP (Grades K – 6)

Instructor: Christine Van

Location: Cole Center

Come create a 3-D sculpture that looks good enough to eat! Be inspired by Kandinsky, “father of modern art” and paint and print your own masterpiece. (\$41 per session)

S#	Day	Times	Dates	Grades
01	Mon	4:00 – 6:00 pm	Sep 15	K – 6
02	Wed	2:30 – 4:30 pm	Sep 17	K – 6

How to Register: Register online at www.natickma.gov/recreation

HALLOWEEN ART WORKSHOP (Grades K – 6)

Instructor: Christine Van

Location: Cole Center

The theme is Halloween and you will use a number of mediums to create some Halloween art.

S#	Day	Times	Dates	Price
01	Wed	2:30 – 3:30 pm	Oct 29	\$25

How to Register: Register online at www.natickma.gov/recreation

BRICKS 4 KIDZ: Plastic Bricks and Motors (Ages 6 – 10)

Instructor: Bricks 4 Kidz staff

Location: Cole Center

Bricks 4 Kidz class offers a hands-on experience where students will build machines, buildings, vehicles and other structures using LEGO components that include bricks, gears, axles, motors and more. There will be new models each week and each session. Participants will explore the principles of engineering, architecture, physics and more first hand. Their motto is “We Learn, We build and We play with LEGO bricks”. (6 wks)

S#	Day	Times	Dates	Price
01	Tue	4:00 – 5:00 pm	Sep 23 – Oct 28	\$96

How to Register: Register online at www.natickma.gov/recreation

PLAY TENNIS AMERICA (Grades 3 – 7)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$96, 6 wks)

S#	Day	Times	Dates	Grades
01	Sun	5:00 – 6:00 pm	Sep 14 – Oct 26	3 & 4
02	Sun	6:00 – 7:00 pm	Sep 14 – Oct 26	5 – 7
03	Sun	5:00 – 6:00 pm	Nov 2 – Dec 14	3 & 4
04	Sun	6:00 – 7:00 pm	Nov 2 – Dec 14	5 – 7

No class Oct 12, Nov 30

How to Register: Register online at www.natickma.gov/recreation



STORYBOOK THEATRE (Grades K – 1)

Instructor: Cindy Wright

Location: Cole Center

An introduction to theater: By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

S#	Day	Times	Dates	Price
01	Fri	3:30 – 4:30 pm	Sep 12 – Oct 24	\$76

No class Sep 26

How to Register: Register online at www.natickma.gov/recreation

INTRO TO MUSICAL THEATER (Grades 2 – 4)

Instructor: Cindy Wright

Location: Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (to be held at the last class). (6 wks)

S#	Day	Times	Dates	Price
01	Fri	4:30 – 6:00 pm	Sep 12 – Oct 24	\$90

No class Sep 26

How to Register: Register online at www.natickma.gov/recreation

SPEED AND ENDURANCE (Ages 7 – 12)

Instructor: Kathy Fleming

Location: Community Senior Center, 117 E. Central Street

Speed and endurance are two essential qualities that kids need in most sports to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist, a current Distance Medley Relay World Record holder and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and by working on running form and strength, your athlete will reach to new levels. Focus is on the basics of relay running! Bring your running shoes and a water bottle and get ready to sweat. (5 wks, \$62)

S#	Day	Times	Dates	Ages
01	Thu	4:00 – 4:45 pm	Oct 2 – Oct 30	7 – 9
02	Thu	4:45 – 5:30 pm	Oct 2 – Oct 30	9 – 12

How to Register: Register online at www.natickma.gov/recreation

Youth



MEDIEVAL PHYSICS

CATAPULTS & TREBUCHETS (AGES 9 & UP)

Instructor: Ed Harrow

Location: Cole Center

Participants will construct a quality machine made of wood that can be assembled and then reassembled as Trebuchet or as a catapult. Understanding of levers, mechanical advantage, potential and kinetic energy, gravity and cause and effect relationships will be taught and discussed. No prior knowledge or experience is needed. (5 wks)

NOTE: Each participant will need 320 pennies in 8 neatly trimmed rolls of 40. Break open that penny jar!

S#	Day	Times	Dates	Price
01	Mon	3:30 – 5:00 pm	Sep 22 – Oct 27	\$166

No class Oct 13

How to Register: Register online at www.natickma.gov/recreation

F.A.S.T FLAG FOOTBALL (Grades 2 – 4)

Instructor: F.A.S.T Athletics Staff

Location: Cole Center Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone Defense, fourth and inches and the QB Challenge. Players will learn about the importance of fair play. Every week will end with a simulated game broken down into 4 quarters – the F.A.S.T. Coaches will have tons of plays ready to go for their teams! (5 wks)

S#	Day	Times	Dates	Price
01	Tue	4:00 – 5:00 pm	Sep 23 – Oct 21	\$71

How to Register: Register online at www.natickma.gov/recreation

THUNDERCATS BASKETBALL (Grade 3)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Participants will learn the fundamental skills of basketball through unique drills, games, trivia and more. Basic skills of dribbling, passing, shooting and defense will be emphasized. Program is co-ed. Please wear sneakers and bring a water bottle. (5 wks)

S#	Day	Times	Dates	Price
01	Mon	3:30 – 4:25 pm	Sep 22 – Oct 27	\$73
02	Mon	4:30 – 5:25 pm	Sep 22 – Oct 27	\$73

No class Oct 13

How to Register: Register online at www.natickma.gov/recreation

THUNDERCATS SPORTS COMBO, DODGEBALL/FLOOR HOCKEY (Grades 2 & 3)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Co-ed program consisting of a variety of different dodge ball related games; Doctor, bombardment, jailbreak and more. Gator Skin® safety balls will be used. Other games will be mixed in to create a fun and exciting afternoon (5 wks)

S#	Day	Times	Dates	Price
01	Thu	4:30 – 5:30 pm	Oct 2 – Oct 30	\$73

How to Register: Register online at www.natickma.gov/recreation

THUNDERCATS SPORTS JAM (Grades K – 1)

Instructor: Thundercats Coaching Staff

Location: Cole Center

Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)

S#	Day	Times	Dates	Price
01	Thu	3:30 – 4:30 pm	Oct 2 – Oct 30	\$73

How to Register: Register online at www.natickma.gov/recreation

Adults

READY, SET DANCE (Adults)

Instructors: Judy Forman and Helen Thomas

Location: Cole Center Gym

Get in shape. Creative low and hi impact moves and great music. High energy workout! Come join the fun! (12 wks)

S#	Day	Times	Dates	Price
01	Tue & Thu	6:15 – 7:15 pm	Sep 16 – Dec 18	\$145/2 nights, \$96/1 night

No class Sep 25, Nov 4, Nov 11, 27

How to Register: Register online at www.natickma.gov/recreation

ARCHERY (HS Graduate and Up)

Instructor: On the Mark Archery staff

Location: Community Senior Center Field

Natick Recreation and Parks Department has partnered with “On the Mark Archery” to provide a wonderful introduction to archery. Participants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. On the Mark Archery will provide all equipment. (4 wks)

S#	Day	Times	Dates	Price
01	Mon	6:30 – 7:30 pm	Sep 15 – Oct 6	\$86

How to Register: Register online at www.natickma.gov/recreation

PLAY TENNIS AMERICA (Adults)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

S#	Day	Times	Dates	Price
01	Sun	7:00 – 8:00 pm	Sep 14 – Oct 26	\$96
02	Sun	7:00 – 8:00 pm	Nov 2 – Dec 14	\$96

No class Oct 12, Nov 30

How to Register: Register online at www.natickma.gov/recreation

CO-ED VOLLEYBALL (Ages High School Graduate and Older)

Location: Community Senior Center

Players must be out of high school. Participants will play pick-up volleyball with the teams different each week. (10 wks)

S#	Day	Times	Dates	Price
01	Wed	6:30 – 8:30 pm	Sep 17 – Dec 17	\$46

No class Sep 24, Oct 15, Nov 26, Dec 10

How to Register: Register online at www.natickma.gov/recreation

HIGH SCHOOL HOOPS (Grades 9 – 11)

Location: Community Senior Center Gym

Pick-up game format will be used, pre-registration is a must. Natick residents only! (10 wks)

S#	Day	Game Times	Dates	Price
01	Mon	7:00 – 8:30 pm	Sep 29 – Dec 15	\$36
02	Sat	2:00 – 4:00 pm	Oct 4 – Dec 20	\$36

No class Oct 13, Nov 22, Nov 24, Nov 29

How to Register: Register online at www.natickma.gov/recreation

CO-ED ULTIMATE FRISBEE (Adults – High School Graduate or older)

Location: Cole North Field

We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (8 wks)

S#	Day	Game Times	Dates	Price
01	Sat	4:00 – 6:00 pm	Sep 13 – Nov 1	\$15, resident \$35, nonresident

How to Register: Register online at www.natickma.gov/recreation

TAI CHI • BEGINNING & ADVANCED (Adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor

Location: Cole Center Gym

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as “meditation in motion” because it promotes serenity through gentle movements – connecting the mind and body! (10 wks)

S#	Day	Game Times	Dates	Price
BEG	Mon	6:30 – 7:30 pm	Sep 22 – Nov 24	\$81
ADV	Mon	7:45 – 8:45 pm	Sep 22 – Nov 24	\$81

How to Register: Register online at www.natickma.gov/recreation

MEN'S BASKETBALL (Adults, Ages 50 & Up)

Location: Community Senior Center Gym

Pick-up game format will be used, pre-registration is a must. (12 wks)

S#	Day	Game Times	Dates	Price
01	Tue	7:00 – 8:00 pm	Sep 23 – Dec 16	\$36

No class, Nov 11

How to Register: Register online at www.natickma.gov/recreation

MEN'S OVER 30 BASKETBALL (Adults, Ages 30 & Up)

Pick-up game format will be used, pre-registration is a must. (11 or 12 wks)

Location: Kennedy Middle School Gym

S#	Day	Game Times	Dates	Price
01	Tue	7:00 – 8:30 pm	Sep 16 – Dec 16	\$42

No class Nov 11, Nov 25

Location: Community Senior Center Gym

S#	Day	Game Times	Dates	Price
02	Thu	7:00 – 8:30 pm	Sep 18 – Dec 18	\$39

No class Sep 25, Oct 16, Nov 27

How to Register: Register online at www.natickma.gov/recreation

WOMEN'S OPEN GYM BASKETBALL

(Adults – High School Graduate and Up)

Location: Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must. (9 wks)

S#	Day	Game Times	Dates	Price
01	Wed	7:00 – 8:30 pm	Sep 17 – Nov 19	\$33

No class Sep 24

How to Register: Register online at www.natickma.gov/recreation

Adults

Birthday Parties

FIRST AID AND CPR CERTIFICATION (18+ Years old)

Instructor Juanita Allen, EMT and CPR & First Aid Instructor
Location: Community-Senior Center (117 E. Central St)

This American Heart Association Course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

S#	Day	Times	Dates	Price
1	Wed	6:30 – 9:00pm	Sept 17	\$68
2	Wed	6:30 – 9:00pm	Oct 29	\$68

How to Register: Register Online at www.natickma.gov/recreation

Location: Cole Center

- Want to host your party with us?
- Up to 2 hours of party time in our Games room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
- Up to 1 hour available GYM time (sports, tumbling, Bounce House & Games equipment included).
- Supervised by 2 Recreation Staff

Days/Times: Sundays ONLY 12:30-3:30pm OR 3-5pm.

Fee: \$175 for the 2 hours

You supply your own paper goods, cake and refreshments.

Rental is space and equipment only.

NOW RESERVE YOUR PARTY ONLINE!

BEYOND FITNESS (18+)

Instructor: Joanne Schmalenberger
Location: Community-Senior Center.

Beyond Cardio muscle flexibility

Today people want healthy bodies. health starts from within you on a cellular level.

Come experience THE ONLY exercise to work every cell of your body.. Rebounding. Joanne is a master trainer and educator she adds creative props, bands, balls, weights and more to give you many ways to get strong and flexible. No class is the same.

S#	Day	Times	Dates	Price*
M1	Mon	5:15-6:15 pm	Sep 15 – Dec 29	\$15/class
M2	Mon	6:30-7:30 pm	Sep 15 – Dec 29	\$15/class
W1	Wed	5:15-6:15 pm	Sept 17 – Dec 31	\$15/class
S1	Sat	8:30 – 9:30am	Sept 13 – Dec 28	\$15/class

(No Class April 21, May 26)

HOW TO REGISTER: No Pre-registration for class necessary.

Pre-paid Punch Cards for class visit will be used. Punch Cards can be purchased online at www.natickma.gov/recreation or available for purchase in class. *\$15 single visit, \$63/5 classes or \$96/10 Classes.

Skyline

EDAVILLE RAILROAD CHRISTMAS TRAIN

(Teens and Adults)

Join us on the first day of winter as we board the spectacular Edaville Railroad Christmas Train! Come share a seat with your friends as we take a scenic ride through the Festival of Lights. We will enjoy dinner in the park surrounded by thousands of sparkling Christmas decorations. You won't be able to keep your eyes away from the beautifully decorated grounds or majestic sounds of the holiday spirit! Climb aboard for a ride you won't forget! Get a visit from the big guy himself. We will eat dinner in the park.

Register online at www.natickma.gov/recreation or in person

S#	Day	Times	Dates	Price
1	Sun	Noon -6:00pm	Dec 21	\$75

Register online at www.natickma.gov/recreation or in person

HOLIDAY LIGHTS AND DINNER (Teens and Adults)

Location: Cole Center

Get excited to see some awesome holiday lights in Natick and surrounding towns.

S#	Day	Times	Dates	Price
1	Fri	6:00-9:30pm	Dec 12	\$48

Register online at www.natickma.gov/recreation or in person

PATHS COSTUME HALLOWEEN DANCE EXTRAVAGANZA (All Ages)

Location: Cole Center

Dress up and head out of the house for our Halloween Dance put on by PATH.

S#	Day	Times	Dates	Price
1	Fri	6:30-9:00pm	Oct 24	\$10

Register online at www.natickma.gov/recreation or in person

DINNER, MOVIE AND GAMES (Teens and Adults)

Location: Cole Center

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

S#	Day	Times	Dates	Price
1	Fri	5:30-9:00pm	Sep 26	\$20 per Person
2	Fri	5:30-9:00pm	Oct 17	\$20 per Person
3	Fri	5:30-9:00pm	Nov 14	\$20 per Person

Register online at www.natickma.gov/recreation or in person

COFFEE HOUSE (All Ages)

Location: Cole Center

Belt out your favorite song with Karaoke man Dennis Porter and friends. Pizza, drinks, and a dessert/fruit will be available throughout the night.

S#	Day	Times	Dates	Price
1	Fri	5:30-9:00pm	Sep 19	\$18 per Person
2	Fri	5:30-9:00pm	Oct 3	\$18 per Person
3	Fri	5:30-9:00pm	Dec 5	\$18 per Person

Register online at www.natickma.gov/recreation or in person

TICKET TO ADVENTURE (Teens and Adults)

Location: Meet at the Cole Center

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

S#	Day	Times	Dates	Price
1	Sat	5:30-10:30pmt	9/13, 9/27, 10/11, 10/25, 11/8, 11/22	\$260

Register online at www.natickma.gov/recreation or in person

FRIDAY NIGHT LIVE (Teens and Adults)

Location: Cole Center

It's easy to get off the couch on Friday nights with this program. Enjoy four Friday nights out with different events in the surrounding towns. Time is subject to change, you will be notified prior to the date of any changes.

S#	Day	Times	Dates	Price
1	Fri	6:30-9:30pm	9/12,10/10,11/7,12/19	\$96

Register online at www.natickma.gov/recreation or in person

STRETCH WHAT MATTERS YOGA (13 And Up*)

** please note the age change*

Instructor: Stretch what Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Fall yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost.

S#	Day	Times	Dates	Price
1	Tues	5:00-6:00pm	Sep 9-Oct 14	\$96
2	Tues	5:00-6:00pm	Oct 21-Dec 2	\$96

(No class - November 11)

Register online at www.natickma.gov/recreation or in person

ZUMBA – FAMILY DANCE PARTY

Instructor: Jayne Carney

Location: CSC

This is fun the whole family can enjoy! We want everyone to come join this family friendly 9 week class and learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

All ages and abilities can participate in this dance. \$80 for the first child and one adult and an additional \$10 for each family member after that.

Parent participation is mandatory.

S#	Day	Times	Dates	Price
1	Sat	12:45-1:30pm	Sep 20-Nov 22	\$80

(No class October 11)

Register online at www.natickma.gov/recreation or in person

SENSORY DAY

Location: Cole Center

Take a couple hours to learn and explore some of the different sensory input activities-great for all children. This is for any child as long as he/she is with an adult who can support them. This is not a drop-off event. \$5 per child.

S#	Day	Times	Dates	Price
1	Sun	2:00-6:00pm	Nov 2	\$5

Register in person at the door

Skyline

SPECTACULAR SATURDAYS

This 9-week program is an all day event that Skyline has been hosting for many years. You can pick one program or all day. You may only choose one program from each time slot and choices are for all 9 weeks.

Register online at www.natickma.gov/recreation or in person

COSMIC BOWLING (Teens and Adults)

Location: Ryan's Family Amusements 1170 Main Street, Millis

Start your day off right by striking down the pins in Millis with the whole gang.

S#	Day	Times	Dates	Price
1	Sat	9:15-10:45am	Sep 20 - Nov 22	\$88

(No class October 11)

Register online at www.natickma.gov/recreation or in person

ZUMBA WITH JAYNE (Teens and Adults)

Instructor: Jayne Carney

Location: Community Senior Center 117 East Central Street

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

S#	Day	Times	Dates	Price
2A	Sat	11:30-12:15pm	Sep 20 - Nov 22	\$87

(No class October 11)

Register online at www.natickma.gov/recreation or in person

MARTIAL ARTS (Teens and Adults)

Instructor: Villarai's Instructor

Location: To be determined

Learn the principles of self-defense through breathing, movement, and practice.

S#	Day	Times	Dates	Price
2B	Sat	11:30am -12:15pm	Sep 20 - Nov 22	\$87

(No class October 11)

Register online at www.natickma.gov/recreation or in person

FUN WITH ART (Teens and Adults)

Instructor: Kim Condon

Location: Cole Center

Use your imagination and explore many ways to have fun with art.

S#	Day	Times	Dates	Price
2C	Sat	11:30-12:30pm	Sep 20 - Nov 22	\$88
3A	Sat	2:00-3:15pm	Sep 20 - Nov 22	\$88

(No class October 11)

Register online at www.natickma.gov/recreation or in person



DANCE (Teens and Adults)

Instructor: Nancy Kelley

Location: Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)

S#	Day	Times	Dates	Price
3B	Sat	2:15-3:00pm	Sep 20 - Nov 22	\$87

(No class October 11)

Register online at www.natickma.gov/recreation or in person

SATURDAY'S LUNCH BUNCH (Teens and Adults)

Location: Various locations

Join us for lunch as we visit places close by to fuel up before our afternoon programs.

S#	Day	Times	Dates	Price
4	Sat	12:30-1:45pm	Sep 20 - Nov 22	\$10 per wk

(No class October 11)

SPECTACULAR SATURDAY'S TRANSPORTATION

(Teens and Adults)

Location: Various locations

Transportation is provided for Spectacular Saturday from the Cole Center at 8:45am to bowling, then to zumba/art/martial arts, then to lunch, then either art or dance. The bus will return to the Cole Center after dance. Please indicate when you will need transportation throughout the day.

S#	Day	Times	Dates	Price
1	Sat		Sep 20 - Nov 22	\$35

(No class October 11)

Register online at www.natickma.gov/recreation or in person.

Natick Community Organic Farm



NCOF IN THE FALL

Public Program Registration is open online at:
www.natickfarm.org

Annual Harvest Dinner /Auction

(October 2, 2014)

Order Thanksgiving Turkeys

Animals bred.

Organic mesclun salad greens, beef, chicken,
pork, and sausages for sale.

Greenhouse beds turned, planted.

Gardens prepared for winter.



*Community Gardens: The 24 beds at John J. Lane Park.
Contact natickgardenmanage@gmail.com for information about future
community garden lotteries in Natick.*

Please Join Us!

NATICK COMMUNITY ORGANIC FARM'S
Harvest Dinner & Auction

Thursday, October 2
5-9 PM | Dinner at 6:30
Wellesley College Club

Proceeds to benefit NCOF's productive
open space and hands-on education for all ages

Reservations at www.natickfarm.org

AUCTION DATE:
SEPTEMBER 19-OCTOBER 3
BID ONLINE TOO!

NATICK COMMUNITY ORGANIC FARM

117 Eliot Street ~ Natick, MA 01760 ~ Phone:(508) 655-2204

www.natickfarm.org

Natick Community Organic Farm PreSchool



OUTDOOR EXPLORE AND PLAY GROUP (Ages 1.5-3.5*)

*Child must be with a caregiver.

Location: Natick Community Organic Farm

Join our dynamic play group which focuses on outdoor free-play and exploration, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

S#	Day	Times	Dates	Price/ M Price
01	Mon	9:15-11:15am	Sep 15- Oct 6	\$136/\$112
02	Mon	9:15-11:15am	Oct 20- Nov 10	\$136/\$112
03	Mon	9:15-11:15am	Sep 15- Nov 10	\$272/\$224

M Price=NCOF member price Register Online at www.natickfarm.org

CHORE TIME (Ages 3-5)

Location: Natick Community Organic Farm

Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather the eggs.

S#	Day	Times	Dates	Price/ M \$
01	Mon	9- 10am	Sep 22-Oct 20	\$68/\$56
02	Tue	9- 10am	Sep 23 -Oct 14	\$68/\$56
03	Thu	9- 10am	Sep 25-Oct 16	\$68/\$56
04	Mon	9- 10am	Oct 27-Nov 17	\$68/\$56
05	Tue	9- 10am	Oct 21-Nov 18	\$68/\$56
06	Thu	9- 10am	Oct 30-Nov13	\$68/\$56

(No Class Oct 13, Nov 11); M Price=NCOF member price

Register Online at www.natickfarm.org

FARM ACTIVITIES (Ages 3-5)

LOCATION: NATICK COMMUNITY ORGANIC FARM

Fall is busy on the Farm – so much to harvest, to preserve, to decorate and enjoy.

S#	Day	Times	Dates	Price/ M Price
01	Mon	10:30-11:30am	Sep 22- Oct 20	\$68/\$56
02	Mon	1:30- 2:30pm	Sep 22- Oct 20	\$68/\$56

(No Class Oct 13) ;

M Price = NCOF member price

Register Online at www.natickfarm.org

LITTLE HANDS IN THE SOIL (Ages 3-5)

Location: Natick Community Organic Farm

We are looking for little hands to help us take care of our gardens. We will harvest, mulch and put the garden to bed – just like big gardeners. Maybe hide some bulbs in the ground to surprise the Farmers in the spring.

S#	Day	Times	Dates	Price/ M Price
01	Thu	10:30- 1:30am	Sep 25- Oct 16	\$68/\$56
02	Thu	1:30-2:30pm	Sep 25- Oct 16	\$68/\$56

M Price=NCOF member price

Register Online at www.natickfarm.org



HOP WITH THE BUNNIES (Ages 3-5)

Location: Natick Community Organic Farm

Spend some time learning about these warm, fuzzy little creatures. How they live in the wild and how we care for them at home.

S#	Day	Times	Dates	Price/ M Price
01	Thu	10:15- 11:15am	Oct 23	\$17/\$14
02	Thu	10:15- 11:15am	Oct 30	\$17/\$14

M Price=NCOF member price ; Register Online at www.natickfarm.org

School Age

NATICK COMMUNITY ORGANIC FARM

117 Eliot Street ~ Natick, MA 01760 ~ Phone:(508) 655-2204

www.natickfarm.org

Farm * Youth

FARMING FOR HOMESCHOOLERS (Ages 5-10)

Throughout the 2014/2015 school year we will offer a morning for home-schoolers at the Farm. Each morning children will be involved in our every-day Farm operations, from animal chores to harvesting to putting our gardens to bed. Over the course of the year children will get a deep insight into all aspects of work on a farm. This is a drop-off program.

S#	Day	Times	Dates	Price/ M \$
01	Tue	9-12 noon	Sep 16- Jan 20	\$720/\$576

(No class on Nov 11, Dec 23, 30)

M Price=NCOF member price . Register Online at www.natickfarm.org

FARMING FOR HOMESCHOOLERS (Ages 11-14)

This opportunity for middle school aged youth is all about working together to solve problems creatively and to contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming seasons, from harvesting in the fall to sugaring in the winter to planting in the spring. Join us in growing people while growing food!

S#	Day	Times	Dates	Price / M Price
01	Mon	8:30- 2:30pm	Sep 15- Jan 12	\$1,125 / \$900

(No class on Oct 13, Dec 22, 29, Jan 19)

M Price=NCOF member price . Register Online at www.natickfarm.org

AFTERSCHOOL FARMERS (Ages K-4)

Location: Natick Community Organic Farm

This program will involve students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the on-line registration. No program on Natick Early Release Days

#	Day	Times	Dates	Price / M Price
01	Mon	3:15 – 4:45 pm	Sep 9 – Oct 28	\$204 / \$168

(No class on Nov 11)

M Price=NCOF member price . Register Online at www.natickfarm.org

AFTERSCHOOL FARMERS (Grades 2 - 4)

Location: Natick Community Organic Farm

This program will involve students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the on-line registration. No program on Natick Early Release Days

#	Day	Times	Dates	Price / M Price
01	Thu	3:15 – 4:45 pm	Sep 11 – Nov 6	\$204 / \$168
01	Thu	3:15 – 4:45 pm	Nov 20 – Jan 29	\$204 / \$168

(No class on Sep 25, Nov 13, 27, Dec 25, Jan 1)

M Price=NCOF member price . Register Online at www.natickfarm.org

AFTERSCHOOL IN THE WOODS (Grades K - 4)

Location: Natick Community Organic Farm

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

S#	Day	Times	Dates	Price/ M \$
01	Wed	3:15 – 4:45 pm	Sep 10 – Nov 19	\$204/\$168
02	Wed	3:15 – 4:45 pm	Dec 3 – Feb 25	\$204/\$168
03	Wed	3:15 – 4:45 pm	Sep 10 – Feb 25	\$360/\$288

(No class on Nov 11, Dec 23, 30)

M Price=NCOF member price . Register Online at www.natickfarm.org

ONLY BUNNIES (Ages 8 - 10)

Location: Natick Community Organic Farm

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

S#	Day	Times	Dates	Price / M Price
01	Wed	3:30- 4:30pm	Oct 15	\$17 / \$14

M Price=NCOF member price . Register Online at www.natickfarm.org

CHICKENS AND TURKEYS (Ages 5 - 7)

Location: Natick Community Organic Farm

Meet a chicken and greet a turkey. We learn what they really love to eat and feed them ourselves. Maybe if we're quiet, we can hold a chicken (turkeys will be too big). Then we'll hunt for eggs in the nesting boxes.

#	Day	Times	Dates	Price / M Price
01	Wed	3:15 – 4:45 pm	Oct 8	\$17 / \$14

M Price=NCOF member price . Register Online at www.natickfarm.org

CHICKENS AND TURKEYS (Ages 8 - 10)

Location: Natick Community Organic Farm

Meet a chicken and greet a turkey. We learn what they really love to eat and feed them ourselves. Maybe if we're quiet, we can hold a chicken (turkeys will be too big). Then we'll hunt for eggs in the nesting boxes.

#	Day	Times	Dates	Price / M Price
01	Wed	3:30 – 4:30 pm	Oct 22	\$17 / \$14

M Price=NCOF member price . Register Online at www.natickfarm.org

YOUTH WORK EXPERIENCE (Grades 5 - 8)

Location: Natick Community Organic Farm

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

S#	Day	Times	Dates	Price/ M \$
01	Tue	3:00 – 5:00 pm	Sep 16 – Nov 25	\$300/ \$240
02	Wed	3:00 – 5:00 pm	Sep 17 – Nov 19	\$300/ \$240
03	Thu	3:00 – 5:00 pm	Sep 18 – Dec 4	\$300/ \$240

(No class on Sep 25, Nov 11)

M Price=NCOF member price . Register Online at www.natickfarm.org

NATICK COMMUNITY ORGANIC FARM

117 Eliot Street ~ Natick, MA 01760 ~ Phone:(508) 655-2204

www.natickfarm.org

Farm * Family

A FARMER'S MORNING (all ages)

Location: Natick Community Organic Farm

Let's do it the farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside for a hearty farm breakfast .

S#	Day	Times	Dates	Price
01	Sun	9:00-10:30am	Oct 5	\$20 (age 10+)/pers
02	Sun	9:00-10:30am	Oct 26	\$20 (age 10+)/pers

Register Online at www.natickfarm.org



Farm * Adult

BOOK DISCUSSION SERIES (14+)

Location: Natick Community Organic Farm

Come and discuss titles related to sustainable living in a mutually supportive and encouraging atmosphere. Join us for all thought-provoking sessions, or select a discussion or two of particular interest. Please check the Farm's website www.natickfarm.org for book titles by the end of August.

S#	Day	Times	Dates	Price
01	Wed	7:30-9pm	Sep 24	Free
02	Wed	7:30-9pm	Oct 29	Free
03	Wed	7:30-9pm	Dec 3	Free

Please e-mail Regina at regina@natickfarm.org to sign up.

GROWING AND EATING GREAT GARLIC (14+)

Location: Natick Community Organic Farm

Growing your own garlic is easy and rewarding. Learn how to start and tend your own garlic patch, which varieties thrive in our climate, and how to get the best yields. We'll be sampling different varieties of raw and cooked garlic in different forms during class, so bring your appetite and be prepared to leave with garlic breath.

S#	Day	Times	Dates	Price
01	Wed	7:30-8:30pm	Oct 15	\$15



NATICK COMMUNITY ORGANIC FARM

117 Eliot Street ~ Natick, MA 01760 ~ Phone:(508) 655-2204

www.natickfarm.org

Human Services

FUEL ASSISTANCE 2014-2015 Winter Season

Natick Human Services & Council on Aging will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP). Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent, and may use any type of heating fuel. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. These guidelines will be available in October and new applicants can begin applying on November 1st.

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Income guidelines will be available in December and applications can be submitted after January 1st.

Please call Debbie Budd, Outreach Coordinator, at (508) 647-6540 with any questions about fuel assistance, income eligibility guidelines or to schedule an appointment to complete an application.

SNAP Supplemental Nutrition Assistance Program Food Stamp Benefits

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families purchase healthy, nutritious food. For those who are eligible, the monthly benefit will be based on the number of people living in the household, household income and allowable expenses.

Project Bread's "getting SNAP.org" website, www.gettingfoodstamps.org, has a food stamp calculator which can help determine one's eligibility for SNAP benefits. The website also has links for applying for benefits online. If you would like assistance in finding out if you are eligible or would like help completing an application, please call Debbie Budd, Outreach Coordinator, at (508) 647-6540. at (508) 647-6540.

Drop In Bereavement Support Group

Thursday, at 11:00am-12:00pm* .

Meets: second Thursday of each month.

**Please note new time*

A person who has suffered the loss of a loved one may need encouragement to take care of their body, mind, and spirit during the difficult work of grieving. Sometimes talking with others who have experienced a loss can provide support. For more information please call (508) 647-6540 and ask to speak with Christina Player, LICSW.



SHINE PRESENTATION – LEARN ABOUT HEALTHCARE CHANGES THAT COULD EFFECT YOU

Location: CSC

An informal discussion by SHINE Counselors about what services they can provide. The Medicare open enrolment period is coming up fast, so the focus will be on the options available in health care such as Medigap & Medicare Advantage plans and prescription drug plans. Understanding the options available will help you decide what best suits your individual needs. At this time of year many health insurance providers compete for your business. They are currently sending out information that can be confusing. The goal of SHINE is to help you make the best decision regarding your health insurance.

Day	Time	Dates	Price
Wed	10am	Sept 17	free

Call the CSC at (508) 647-6540 to register in advance or online at www.myactivecenter.com.

The Dana-Farber Mammography Van is Coming to the Natick Community-Senior Center November 5, 2014

Embrace-A-Family, the Natick Service Council, and the Natick Council on Aging are once again collaborating with Dana Farber's Mammography Van to bring their state-of-the-art digital mammography van to Natick.

This screening is fast, convenient and is your best defense against breast cancer! The digital screenings are performed by skilled, licensed Dana-Farber technologists, and are interpreted by Dana-Farber radiologists.

If you have not had a mammogram in the last year or if this is your first time, this is a great opportunity to take advantage of this important screening. The Dana-Farber Mammography Van offers mammograms to women 40 years of age or older, and accepts most forms of health insurance. Don't let any excuse hold you back from making this important appointment.

Registration is required in advance. For more information or to request an appointment, email us at: embraceafamilynatick@gmail.com

HUMAN SERVICES

117 East Central Street ~ Natick, MA 01760 ~ Phone:(508) 647-6519

Support Groups

BEREAVEMENT PROGRAM

A person who has suffered the loss of a loved one may need encouragement to take care of their body, mind, and spirit during the difficult work of grieving.

Day	Times	Dates	Price
Thu	11:00am	9/11, 10/9, 11/13	Free

To register call (508) 647-6540
or online at www.myactivecenter.com.

CAREGIVER SUPPORT GROUP & COFFEE HOUR

Facilitators: Christina Player, LICSW Natick Human Services & Council on Aging

Support group designed to help caregivers practice self-care while caring for a relative or friend whether living at home or in a nursing facility. Meets on the 3rd Thursday of every month.

Day	Times	Dates	Price
Thu	10-11:00am	9/18, 10/16, 11/20	Free

To register call (508) 647-6540
or online at www.myactivecenter.com.

DIABETES SELF MANAGEMENT GROUP

Instructor: Joan Hill

Day	Times	Dates	Price
Tue	10:00pm	9/9, 10/14, 11/11	Free

To register call (508) 647-6540
or online at www.myactivecenter.com.

BLOOD PRESSURE CLINICS GROUP:

Provided by Natick VNA and Distinguished Care Options and Long Term Solutions. **FREE**

Day	Times	Dates
Wed	1:30pm	9/10, 9/24, 10/8, 10/22, 11/5, 11/19

To register call (508) 647-6540
or online at www.myactivecenter.com.

LOW VISION SUPPORT GROUP

The Low Vision Group is sponsored by the Massachusetts Association for the Blind and Visually Impaired. For more information about the group please call Laurie Werle, 800-852-3029. This group is for individuals who are losing their vision and would like to learn from and listen to others' experiences. Meets on the 4th Friday of the month.

Day	Times	Dates	Price
Fri	1:00pm	9/26, 10/24, NOV*	Free

* Note: No November classes

To register call (508) 647-6540
or online at www.myactivecenter.com.

THE LGBT AGING PROJECT

The LGBT Aging Project provides important resources for lesbian, gay, bisexual and transgender older adults and caregivers. The mission of the project is to "ensure that lesbian, gay, bisexual and transgender older adults and caregivers have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors taken for granted." The LGBT Aging Project provides many resources and services including a bereavement support group, caregiver support group, community meals, and healthy aging programs. If you would like more information, please contact the LGBT Aging Project at (617) 267-9001. You can also sign up for their monthly newsletter at www.lgbtagingproject.org.

BUILDING TOWARD RESILIENCY: A PARENT SUPPORT GROUP: – FREE! Co-facilitated by Cari Tatian, RN, MSN and Christina Player, LICSW

- Offered the second Tuesday of each month from 6:30-8:00pm
- September 9th; October 14th
- No meeting on December 9th

Facilitated group for parents & caregivers of children of all ages

Continuing this fall with new topics!

A free monthly facilitated support group to assist parents in developing tools of resiliency, self care and communication. Learn how to build on your family's inherent strengths so that you can become more resilient in the face of challenge. Some topics that will be addressed in fall 2014:

- Building healthy connections/relationships for you and your child
- Positive Mindset: Reframing challenges as opportunities
- 'Just keep swimming:' Encouraging perseverance and grit
- Developing positive coping strategies

Preregistration required. Please call Christina Player at (508) 647-6547.

In partnership with SPARK Kindness www.SparkKindness.org.

*Parenting from a strengths-based perspective
so that children & caregivers can thrive*

HUMAN SERVICES

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Council On Aging

We seek to provide information and support to those aging in our community. Council on Aging staff welcome you to call for an appointment should you find yourself in need of support or assistance.

~

POWERFUL TOOLS FOR CAREGIVERS

ONCE A WEEK CLASS FOR SIX WEEKS, WEDNESDAY

SEPTEMBER 17TH- OCTOBER 22ND FROM 10:00AM TO NOON

Powerful Tools for Caregivers is an evidenced-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. It was developed by Dr. Kate Lorig and her colleagues at Stanford University's Patient Education Research Center. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. This class will give you the tools to:

- Help reduce stress
- Communicate with other family members and care providers
- Take care of yourself
- Reduce anger, guilt and depression
- Make tough decisions
- Set goals and problem solve

Class size is limited, and registration is required at (508) 647-6540. There is no cost unless you decide to purchase the book. If you have any questions about the class please call Christina Player, LICSW at (508) 647-6547.

CAREGIVER RESOURCES

Support is available for family caregivers on an ongoing basis. A monthly support group and coffee hour is scheduled every third Thursday 11:00am-12:00pm. at the Community Senior Center. Individual appointments with a licensed clinical social worker are also available for emotional support and caregiver resources. For more information, please call the Community Senior Center at: (508) 647-6540.

NATICK ALZHEIMER'S WALK

The Natick Council on Aging Board is joining the Massachusetts Councils On Aging partnership with the Massachusetts/New Hampshire Chapter of the Alzheimer's Association by creating a Natick Team for the Walk. The funds raised through the Natick Alzheimer's Walk benefit the care, support and research efforts of the Alzheimer's Association. Join us at the CSC for the Walk; the Natick Team will make a difference. Sunday, September 21, 2014.

The Alzheimers Association is the world's leading voluntary health organization in Alzheimers care, support, and research.

NATIONAL DEPRESSION SCREENING DAY

October 9, 2014

Natick Human Services & Council on Aging will have resources available on stress management, anxiety and depression. Please stop by the information table between 10:00am and noon. Staff members will be available to provide local resource information and answer questions. Screening questionnaires will be available. If you cannot attend but would like more information, please call Human Services & Council on Aging at (508) 647-6540 and speak with Sheila Young.

ALL YOU EVER WANTED TO KNOW ABOUT THE COMMUNITY SENIOR CENTER

Instructor: Debbie Budd, Outreach Coordinator

Location: CSC

This program provides a thorough overview of the programs and services offered by Natick Human Services & Council on Aging.

Day	Times	Dates	Price
Thu	3:00pm	Sept 18	free
Thu	5:00pm	Oct 16	free
Thu	3:00pm	Nov 20	free

Please call the CSC to sign-up at (508) 647-6540.

To register in advance or online go to myactivecenter.com

COUNCIL ON AGING

117 East Central Street ~ Natick, MA 01760 ~ Phone:(508) 647-6519

Veterans' Services

Our team works hard to ensure that our veterans have the information and the support they need to prosper in the community. We focus on serving eligible veterans and in providing a range of information on relevant programs, services, and supports.

CALL: (508) 647.6545.



MASS VETS ADVISOR

Chapter 115 provides a needs-based means tested program of financial and medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care. Contact Paul Carew, Natick VSO at (508) 647-6545, or Shiela Young, Executive Assistant, (508) 647-6400, et. 1900 for details.

VETERANS REDUCE YOUR PROPERTY TAX BY \$1,000

Eligible veterans can in exchange for 125 hours of municipal service, earn \$1,000. reduction in their property tax. Eligibility requirements for veterans include that the applicant is:

- a veteran of the U.S. armed services (honorably discharged)
- a Natick resident
- owns and occupies, as a primary residence, the property due to receive a tax reduction

Staff of the Veterans' Services Division is pleased to assist any interested veteran with this process.



VETERANS DAY OBSERVATION

10:00am

Tuesday November 11, 2014

NATICK PARADE

Start 8:30am

Parade begins at Morse Tavern Lot, E. Central Street



Learn the oral stories of Natick veterans
by visiting the Natick Veterans Oral History Project
at <http://www.natickvets.org>

MASS VETS ADVISOR

MassVetsAdvisor.org is an easy-to-use online resource created by the Commonwealth of Massachusetts that strives to serve the nearly half-million Veterans living in Massachusetts, and their families, as a bridge to the many benefits that they have earned in defense of our nation. By combining state and federal benefits, as well as non-profit resources into one tailored online search, Veterans and their families now have access to one stop shopping for all of their needs.

VETERANS' SERVICES

179 Boden Lane ~ Natick, MA 01760 ~ Phone:(508) 647-6545

Recreation & Parks



The Natick Recreation and Parks staff seek to provide the community with comprehensive recreational programming for individuals of all ages and abilities while enhancing our community through people, parks, and programs.

(508) 647-6530

Monday-Friday, 8:00am-5:00pm
179 Boden Lane
Natick, MA 01760

Phone: (508) 647-6530
FAX (508) 647-6535
www.natickma.gov/recreation



NATICK COURSE

Sassamon Trace offers a variety of public tournaments, programs clinics and special events.

Sassamon Trace Golf Course

Pete Meagher, PGA Golf Course Manager
233 South Main Street, Natick, MA 01760
(508) 655-1330, Sassamontrace.com

NATICK PARKS AND FIELDS

The Recreation and Parks Department is responsible for the planning, organization and implementation of leisure programs and facilities that serve the physical, emotional, and social needs of all the residents of our community, regardless of one's ability.

Here's an overview of the sixteen parks and fields that Natick Recreation and Parks Division manages.

The parks and fields are open until sunset.

FACILITY	STREET	FIELD	COURT	PLAYGROUND	OTHER
Cole Center	Boden Lane.	Multi	Hoops	Yes	Building
Coolidge Field	Chester St.	Multi, Baseball, Softball	Hoops	No	
Grove Park	Pleasant St.	No	No	No	Picnic Benches, Canoe Launch
JJ Lane Park	Speen St.	Yes	Volleyball	Yes	Restrooms, Pavilion, Picnic Benches
Hunnewell Field	Pleasant St.	Baseball	No	No	
Lincoln Field	East Main St.	Yes	No	No	Building
Loker Park	Bacon St.	yes	Hoops	Yes	
Mary Bunker	Megonko Rd	Yes	No	No	Pavilion, Picnic Benches
Murphy Field	North Main St.	Multi, Softball	Hoops	Yes	
Navy Yard Field	Washington St.	Multi, Baseball	Hoops	No	
Sargent Field	Oak St.	Multi, Baseball	Hoops	Yes	
MathWorks Field	Oak St.	Soccer	No	No	
Shaw Park	Eliot St.	Yes	No	No	
S. Natick Multi	Pleasant St.	No	Hoops	No	
Town Common	Common Street	Yes	No	No	
West Hill Park	Mill St.	Baseball	No	No	

CONTACT NATICK PARKS & RECREATION

179 Boden Lane ~ Natick, MA 01760 ~ Phone: (508) 647-6530



Discover

Natick

John J. Lane Park – Introducing our newest addition to Natick’s portfolio of parks and playgrounds. It’s the Town’s crown jewel. This newly renovated park has doubled from its original size comprising an open recreational area of 5 acres off of Speen Street. It includes a playground, benches, picnic areas, walking trails, a sand volleyball court, restrooms, grassy areas, open fields and amenities. A great place for the whole family! As part of the park, there are 26 community garden beds available to Natick residents by lottery. Park is accessible from dawn ‘till dusk. It has been primarily funded from the Conservation Fund.



Come and enjoy this beautiful new community park with sand & grass volleyball courts, open fields, bocce court, fitness trail and picnic areas.

*“My garden is my most beautiful masterpiece.”
~ Claude Monet*

Community Services Department

Town of Natick

117 East Central Street

Natick, MA 01760

www.natickma.gov/communityservices

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Community Education and Resources



*"Autumn is a second spring when every leaf is a flower."
~ Albert Camus*

Recreation and Parks • Council On Aging • Human Services
• Natick Community Organic Farm • Veterans' Services